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	Accounting Services	A12	Building Contractors
B24	Acupressure	A12	Building Materials, Supplies & Products
B24	Acupuncture	A12	Business Services and Opportunities
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D14	Addiction Treatment & Smoking Cessation	A13	Carpet & Upholstery Cleaning
	AIDS & HIV Services	C15	Catering
	Air Purifiers & Filtering Systems	D14	Ceremonies - Blessings, Weddings, Funerals
B25	Allergy & Chemical Sensitivity Treatment	D14	Channeling
A12	Alternative Energy	B26	Chelation Therapy
	Anger Management (See Stress Management)		Child Care Services (See also Schools)
B25	Animal Services (See also Veterinary Svcs)		Childbirth Education (See Midwifery or Pregnancy)
	Animal Shelters		Children's Health (See Pediatric Medicine)
B25	Anti-aging Therapies	B26	Chinese Medicine
B25	Applied Kinesiology and Kinesiology	B27	Chiropractors
A12	Architects & Building Designers	B27	Chronic Fatigue & Illness
B25	Aromatherapy Services & Products		Churches (See Spiritual Centers)
A12	Arts, Crafts, & Galleries		Cleaners & Laundries
	Attorneys and Legal Services		Cleaning Products
D14	Aura & Chakra Clearing & Restructuring		Cleaning Services
	Automobiles (See also Transportation Alt)		Clothing & Accessories (See also Hemp)
B25	Ayurvedic Medicine		Coffee (See Tea and Coffee, Organic)
A12	Baby Products & Services	B27	Colon Therapy
B26	Back Care Products		Color & Light Therapy (See Light & Color Therapy)
C15	Bakeries & Baked Goods	C15	Cooking Classes
A12	Beds, Bedding, Futons & Mattresses	C15	Co-ops - Food
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D14	Bookstores	D15	Counseling - Marriage & Relationship
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A12	Building Consultants		

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| D15 | Crystals, Gemstones, Jewelry, & Therapy | B30 | Fibromyalgia Treatment |
| D15 | Dance & Movement | A13 | Financial Planning & Services |
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| B27 | Deep Tissue Bodywork | | Flower Therapy |
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| C15 | Desserts | A14 | Funerals |
| C15 | Detoxification & Cleansing Products | A14 | Furniture & Accessories |
| B28 | Detoxification Therapy | A14 | Gardening Supplies & Nurseries |
| A13 | Diaper Services | B30 | Geriatric Care |
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| D16 | Dreamwork | C19 | Gluten Free Food |
| D16 | EMDR | C19 | Grocery Stores |
| D16 | Emotional Release Work | | <i>Guided Imagery (See also Biofeedback)</i> |
| | Empathology | | <i>Gynecology (See Women's Health)</i> |
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| B29 | Feldenkrais Method | | <i>(See also Homeopathic Remedies)</i> |
| A13 | Feng Shui | C20 | Homeopathic Remedies |
| B30 | Fertility & Infertility Treatment | A14 | Housing - Alternatives |

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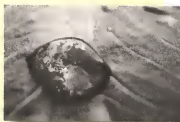
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Gifts & Greeting Cards

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Section A

Green Living



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Socially Responsible
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3 Ways To Teach Kids About Environmental Conservation

By Ann Pietrangelo

Human beings are one with the environment. We can't barricade ourselves in a pristine compartment while the earth remains in another. What we do to the environment affects us individually and collectively, now and for future generations.

Helping our children to understand this concept is one of the most important things we can do for them. Children are smart – and they love to help. The best way forward is with an informed and involved population, and it's never too early to begin that process.

Make Environmental Conservation a Habit

"The best way to teach children how to conserve is to start young," says Stephanie Woo, CEO and founder of Montessori On the Double. "If composting and recycling becomes a habit at your two years old, it will be a no-brainer



as the child grows up. But some practical advice to keep in mind is something as simple as the location of the compost bucket and the recycling containers – they need to be accessible to young children."

In her own home, Ms. Woo, keeps a compost bucket on the counter for the adults, and another on the floor for her twin three-year-old daughters to use when they're finished eating. Woo and

her husband teach their children how to compost vegetable and fruit scraps for their worm farm, which they keep on a low shelf for easy access.

"When children see how these things are done from a young age, and are allowed to participate, it's just natural for them to continue," says Woo.

Take Advantage of Teachable Moments

You can turn something as simple as changing a light bulb into a teachable moment. Younger children may have never given any thought to the light bulb or how it works. Next time you buy or change a light bulb, involve your child in the process. Even very young

Continued on page A-5

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Glossary of Terms for Section A

Certified Lumber –

Certification enables consumers to support responsible forestry and provides forest owners with an incentive to maintain and improve forest management practice. There are only a few legitimate certification groups for sustainably harvested materials, one such being the FSC (Forestry Stewardship Council) certification program.

Environmental Remediation –

Restoration to a previous unpolluted state.

Fair Trade – A trading partnership which aims at sustainable development for excluded and disadvantaged producers by providing better trading conditions.

Farmers' Market – A place where farmers sell locally grown, farm-fresh produce to consumers.

Feng Shui – The art of healthful arrangement of rooms/furniture/buildings to affect spiritual, psychological and physical well-being.

Full Spectrum Lighting – Consists of interior lighting provided by full-spectrum fluorescent lamps which are designed to mimic daylight.

GMO – Genetically modified organisms have had genes from other species transferred into their genetic material by the technique of "gene-splicing."

Hemp Products – Hemp is used to make paper, clothing, cereal,

fuel, rope, etc. and requires little or no pesticides or herbicides. Hemp contains virtually no THC, the active ingredient in marijuana, and therefore, cannot be used as a drug.

Native Plants – Plants which are indigenous to specific conditions of a region. They tend to need less pesticides, irrigation and care to maintain in an urban landscape.

Natural Fibers – Those of vegetable origin constituted of cellulose, i.e., flax, hemp, jute, and ramie; seed-hair fibers such as cotton, kapok and the flosses.

Naturescaping – The practice of utilizing native plants, natural landscapes and water-friendly

Conservation for Kids

continued from page A-3

children can understand the concept of small things making a big difference.

Jeffrey Bennett, Ph.D., a science educator and author of "The Wizard Who Saved the World (Big Kid Science)," says, "Replace ordinary (incandescent) light bulbs with 'CFLs' or 'LEDs.' Ordinary bulbs actually waste most of the energy that they use because they make a lot of heat in addition to light. CFLs and LEDs require only about one-quarter as much energy to make the same amount of light. Small things tend to seem, well, small, but if millions of people do them, they can add up to something big."

Other teachable moments:

When you're ready to discard something, ask your children if they can think of some other way to use the item, or if they can think of someone else who could use it.

When you're running the bath, talk about where the water comes from.

Take notice of environmentally helpful programs in your neighborhood and in your child's school. Find ways for your family to become involved.

When grocery shopping, talk to your children about the importance of reading labels and what words like "natural" and "organic" mean.

Let your children play outdoors and explore natural habitats. Talk about how people impact the environment. Help them create a small garden and make decisions about how to tend it.

Address the "Why" Factor

Even as adults, the more we understand the why of environmentally friendly actions, the more apt we are to help. As every parent knows, kids love to ask, "why?" The best way to get kids involved in conservation is to connect them to that why, says Society of Ul-

Continued on page A-10

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Glossary

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gardening practices. The result is water conservation, fewer chemicals and less maintenance. It is also used to attract interesting, beneficial wildlife.

Organic – Products produced under the rules of the Organic Food Production Act. The primary goal is to optimize the health and productivity of soil life, plants, animals and people by using natural methods of fertilization and pest control.

Permaculture – The practice that concerns the placement of plants and animals to mimic biological systems to meet people's food, fuel and fiber needs in a small space.

Seasonal Depression (S.A.D.) – Depression, lack of energy, increased need for sleep, a craving for sweets and weight gain that begins in the fall, peaks in the winter, and usually resolves in the spring.

Sustainably Harvested – Materials or resources harvested in a manner which ensures future harvests and results in significantly less negative environmental impact. Some examples are shade grown coffee, certified lumber, bamboo, cork, hemp, and wool.

Toxic Chemicals – Many of the seemingly harmless products we use everyday contain toxic chemicals such as benzene, ammonia, formaldehyde, toluene, ozone & many others.

Vegan – A diet without animal products of any kind (e.g. dairy products).

Watersheds – The land that water flows across or under on its way to a stream, river, or lake.

Glossary selectively reprinted and modified from the ReDirect Guide, Portland, Oregon.

5 Things To Know About E-Waste Recycling

By Beth Buczynski

Electronic devices, from computers to MP3 players to smart phones, are continually discarded in landfills, leading to dangerous health and environmental risks. Commonly referred to as e-waste, these gadgets belong to one of the fastest growing waste streams in the world. Even worse, toxic materials can leak from electronics into the soil and ground water, contaminating the environment and exposing residents to hazardous materials.

Recycling e-waste is less common than other materials, simply because it takes more effort to make sure it's done responsibly. Electronics have to be broken down by trained technicians in order to preserve all the useable components and prevent contamination. And not every service or company that claims to recycle electronics does so responsibly—many simply ship appliances to third



world countries where environmental regulations are non-existent.

Here's what you need to know about e-waste recycling:

1. What Is E-Waste?

A great deal of what is labeled as “e-waste” is actually not waste at all; rather, it is whole electronic equipment or parts that are readily marketable for reuse or can be recycled for materials recov-

ery. Computers (including keyboard, mouse, CPU, etc.), monitors, printers, fax machines, copy machines, network equipment, cables, telephones, televisions, microwaves, video games, cell phones, pagers, radios, stereos, VCRs and electronic toys, are all considered to be e-waste.

2. Where Should E-Waste Be Recycled?

E-waste can't be recycled by your municipal recycling facility (unless they're holding a special collection event) and should NEVER be disposed of in the landfill (aka trash can). E-waste can be donated to those who will repair it for further use, or recycled via a certified facility.

3. How Is E-Waste Processed?

One way e-waste is processed is by

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E-Cycling

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melting circuit boards, burning cable sheathing to recover copper wire and open-pit acid leaching for separating metals of value. Conventional method employed is mechanical shredding and separation but the recycling efficiency is low. Alternative methods such as cryogenic decomposition have been studied for printed circuit board recycling, and some other methods are still under investigation.

4. Who Are E-Waste Recyclers?

Not everyone who claims to be an electronics recycler is worthy of your gadgets. You should seek recyclers that are third-party certified to an accredited electronics recycler certification program. EPA encourages use of electronics recyclers certified to standards that require safe handling of used electronics and adherence to high environmental standards. The program that has most

traction right now — as well as the support of the EPA — is something called e-Stewards, which is certified by an audit. The Responsible Recycling (R2)* program contains some elements of what's in e-Stewards, but the two programs do have differences. Some electronics retailers, like Best-Buy and Staples, offer drop-off facilities for all brands of electronics, while The Electronic Industries Alliance, and Earth 911 websites identify electronic equipment recyclers in many areas around the country.

5. Why Recycle E-Waste?


Electronics are made from valuable resources, such as precious metals, copper, and engineered plastics, all of which require considerable energy to process and manufacture. Recycling electronics recovers valuable materials and as a result, we reduce greenhouse gas emissions, reduce pollution, save energy, and save resources by extracting fewer raw materials from the earth. For example, recycling one million laptops saves the

energy equivalent to the electricity used by 3,657 US homes in a year.

Beth Buczynski is an environmental writer and editor living in the Rocky Mountain West. Follow her on Twitter as @ecosphericblog.

*Editor's Message: Washington state is proud to turn Waste 2 Resources. Under the collaborative effort of public and private partners, the state has been offering a free E-Cycle Washington program since January 2009. So far, the program has collected 174 million tons of electronics.

Recycling is more than just a way to conserve resources and preserve our environment, it is a wonderful means to bring uniqueness, and sometimes old-world charm, into a living environment. Green building architects, contractors, and interior designers can help you search for appropriate recycled materials and furniture that can add characters and diversity to your living/working space. I am a big fan of getting the best of both worlds.



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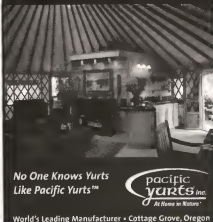
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Conservation for Kids

continued from page A-5

imate Living (SOUL) founder Karen Auld. "Once they're connected to the why, you can't stop them."

While getting your kids to put things into the recycling bin, a little clarification can go a long way toward making it a lifelong habit. Ms. Auld offers a child-sized explanation. "When we don't recycle, the trash collector takes the trash to a landfill. The landfills are getting too full and we're running out of space."

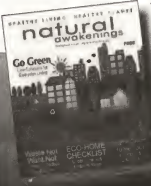
Your child may be fascinated to learn that a can may be used to make new products. "It's amazing," says Auld. "It takes less energy to produce a can from a recycled can than to make a new can."

The concept of chemicals in our food and other products being hazardous to our health is a concept most children can understand. Explaining how those chemicals affect the environment may be a little more complicated for young children. Auld suggests explaining to children that the environment is a living organism and there are some things the living environment can't handle.

"Chemicals can accumulate in the environment and be washed into a river. Fish are in the river. The fish get chemicals in them. We eat the fish. It's a big circle of life. Kids get that concept," says Auld. "What happens with chemicals in the environment circles back to us. We have to take responsibility for what we're introducing into the environment."



Education and empowerment are the gifts we must give our children, and the tools they will use to make the world a better place for generations to come.

Ann Pietrangolo is the author of "No More Sacs!" and "Catch That Look," a freelance writer, and a member of the American Society of Journalists and Authors. Photo: Boy with Garden Hose by Monica R.



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Paying Tribute to Single Moms

by Ann Pietrangelo

Single mom. It conjures up a certain image, doesn't it? Whether single by choice or by circumstance, single mothers are frequently the subject of negative press and unfortunate stereotypes.

Single moms, like their married counterparts, have many responsibilities, not the least of which is nurturing their children and helping them to become well-adjusted adults. That's an accomplishment for any parent, but many also find the time to lend a hand at school or other engage in other volunteer activities.

In 2012, 24 percent of children lived with only their mothers, according to ChildStats.gov. Behind the statistics are some very real people who make up a large part of the fabric of our society, although their accomplishments often go unnoticed. They're women who strive to provide for their children and make the world a better place at the same time.

"The single moms I coach and mentor are amazing," said Althena Moberg, CPC, Certified Professional Success Coach to Single Moms. "Their everyday courage astounds me."

Parenting, under any circumstances, takes a tremendous amount of time, patience, and energy. Sleep deprivation comes with the territory. Still, Ms. Moberg says the single moms in her circle "typically place children's needs, wants, desires, big dreams, and lofty wishes before even their most basic needs (showering comes to mind)."

"They Are Out There. We Are Out There"

"I remember struggling when my son was growing up," said Moberg. "As a single mom for the better part of 17 years, I struggled with the big ticket items like everyone else – rent, bills, health, family, life." None of that could overshadow the mother-child bond, though. Moberg uses the word "joy" to describe her role as mom, reflecting on the simple

pleasure of their morning routine, and the knowledge that the scene is played out every day all over the world.

"I'm not the only single mom who wakes up before dawn to make sure their children are cared for and given every opportunity at a bright future. They are out there. We are out there," she said.

Role Models and Volunteers

They're squeezed for time, but many single mothers manage to donate time toward charitable endeavors. Whether it's a few minutes or an ongoing thing, their contributions set an example for their children while improving communities and society as a whole.

See full article at <http://www.naturalchoice.net/blogs/tribute-to-single-moms.html>



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HealthyGreenPages.com*Modalities & Terms for Section B*

Acupressure – This technique stimulates specific acupuncture points through applying pressure with the fingers or hands.

Acupuncture – Acupuncturists insert specially made needles into specific points to stimulate the body's natural energy. In 1997, the National Institutes of Health officially recognized acupuncture as an effective treatment for pain and nausea. Licensed in Washington and more than 30 other states, acupuncturists work as independent providers of health care for a range of conditions from pain management to women's health problems.

Aikido – The Japanese name of this martial art literally means "the way of spiritual harmony." Like Tai Chi, Aikido exercises emphasize harmony and grace of movement.

Applied Kinesiology – Developed in the 1960s by chiropractor George Goodheart, this technique evaluates an individual's structural, chemical and mental health through a form of muscle testing. Practitioners use a variety of therapeutic techniques including nutritional counseling, manipulation, acupressure, and exercise.

Aromatherapy – French chemist Rene Gattefosse experimented with pure essential oils derived from aromatic plants. This led him to coin the term "aromatherapy" to describe the physical and psychological benefits of the powerful scents given off by these oils. Today aromatherapy remains a specific and specialized branch of herbal medicine.

Ayurvedic Medicine – In this ancient medical system from India, patients are classified into three metabolic body types: vata, pitta and kapha. Natural means of disease prevention including herbs, oils, minerals, heat, water, massage, yoga, meditation, elimination therapy and counseling are recommended according to body type.

Bioenergetics – As a bodywork approach, Bioenergetics focuses on the pattern of muscular tension in a person and how that tension directly relates to the person's emotional history and childhood relationships. Bioenergetic exercises such as breathing techniques seek to open blocked or tense areas of the body.

—Continued on page B-4

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Section B

Natural Health



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- B31 Hellerwork**
- B31 Herbalists (See also C: Herbs)**
- B31 Holistic Practitioners**
- B32 Homeopathic Practitioners**
(See also C: Homeopathic Remedies)
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- B32 Lymphatic Drainage & Therapy**
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- B33 Men's Health**
- B33 Midwives & Doulas (See also Pregnancy Svcs)**
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Muscular Therapy
Myotherapy
NAET
- B33 Naturopathic Medicine**
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Watsu
- B39 Weight Management**
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Yoga Therapy (See D: Yoga Instruction)

Aging Healthily: No More Blames on Hormones?!

Excerpts from *Hormone and Men* by Dr Olivia Franks of Snohomish Naturopathic Clinic, and *Bio-Identical Hormone Replacement for Women* by Dr Jonathan Wright of Tahoma Clinic

Editor's Note: Hormones sometimes carry a bad reputation as people associate many ills from diseases to mood swings with hormones. It is true that hormones are powerful⁽¹⁾. They are an integral part of our body affecting many functions including growth and development, metabolism, sexual function, reproduction, and mood. Small changes in hormone levels can have big impact on our bodies and health. As we age, the hormone production and metabolism change. The level of sex hormones such as estrogen and testosterone decreases with age. Hot flashes, night sweats are common symptoms. Other health issues may surface as well.

The following excerpts from two experts in the field offer choices and approaches to hormone treatments, for



men and women. The full articles are at www.naturalchoice.net.

Getting the Most Out of Bio-Identical Hormone Replacement Therapy for Women: Excerpt from article by Dr Wright of Tahoma Clinic

It's Simple Really: Just Follow Mother Nature's Hormone Recipe

Many doctors and their women patients think they are using genuine Bio-Identical Hormone Replacement Therapy (BHRT) just by taking pills

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Estradiol is the most potent and most carcinogenic of these and also comprises less than 10% of the total circulating estrogen. When women "replace" deficient ovarian hormones with 100% estradiol, they can distort the natural balance of circulating estrogens, and there's no guarantee that their natural metabolic processes will produce sufficient estriol to counteract the inherent carcinogenicity of estradiol and the estrone, which the body does form from estradiol.

Continued on page B-5

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Glossary

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Biofeedback – Using a biofeedback machine, practitioners teach patients how to control and change such autonomic body functions as blood pressure, heart rate, circulations, digestion and perspiration. Through monitoring "feedback" using auditory or visual cues, users extend their understanding of physiological functioning far beyond the normal five senses.

BodyTalk – The BodyTalk System works gently to identify and clear imbalances caused by stress, trauma or injury. It restores the body's innate ability to heal, thereby initiating physical, emotional and mental healing and wellbeing, without the use of drugs or supplements.

Bowenwork – The original Bowen Technique was developed in the 1950's by the late Tom Bowen of Geelong, Australia. Bowenwork is a gentle, non-invasive form of bodywork. Subtle moves performed over the muscles and connective tissue send messages deep into the body stimulating the nervous system to reset and initiate healing.

Chelation Therapy – First developed as a treatment for lead poisoning, chelation therapy removes toxins and heavy metals from the bloodstream through intravenous drips of EDTA, a synthetic amino acid. Today, specially trained physicians use chelation as a method to improve blood circulation for sufferers of atherosclerosis (hardening of the arteries) and other degenerative diseases.

Chinese (Oriental) Medicine – Traditional Chinese medicine encompasses a vast range of therapies including acupuncture, herbs, bodywork, exercise and diet. From the ancient art of Tai Chi to the modern practice of Zero Balancing, the Chinese view of the body as an interrelated system of energy and physical matter permeates many different forms of alternative medicine.

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Hormones

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In true BHRT, potentially carcinogenic estradiol – in its natural physiologic proportions (10% or less) – is balanced by higher amounts of the more benign, anticarcinogenic estrone, which inhibits its intrinsic carcinogenic actions. In order to best approximate the natural premenopausal hormonal environment, it's best to take estradiol and estrone, and occasionally estrone.

Conventional HRT: At Odds with Nature

Contrary to most conventional doctors' erroneous belief, safe and effective use of BHRT demands a philosophical approach to medicine that is probably alien to what they have been taught throughout their entire careers. The key misconception was clearly expressed by the author of a review of "hormone" replacement regimens: "The aim of any [conventional] hormonal treatment of postmenopausal women is *not to restore the physiological serum levels occurring in ovulatory cycles of fertile women, but to prevent or improve complaints and symptoms caused by estrogen deficiency.*" (Italics added)

That pretty much says it all. The conventional medical approach – see a symptom, suppress a symptom with a patented drug – is at odds with Nature and completely inappropriate for BHRT. In the conventional view, whatever might be causing those symptoms is typically of secondary concern; as long as the treatment works and is not too toxic, it is deemed acceptable. The way the FDA's drug approval process is structured, the treatment need not be better or safer than a natural or bio-identical alternative; it only needs to be more efficacious at removing said complaints and symptoms and not significantly more toxic than an inactive dummy drug, or placebo, the proverbial "sugar pill" (although they're usually not made of sugar any more).

Rather than merely suppressing hot flushes using any patent medicine or

Continued on page B-7

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Glossary

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Chiropractic – Chiropractic Physicians address the physiological & biochemical aspects of man and the inter-relationships between structural, spinal, musculoskeletal, neurological, vascular, nutritional, mental, emotional, and environmental factors. They use spinal, cranial, and extremity adjustments to remove misalignments, called subluxations. They may also give dietary advice and recommend nutritional supplementation, herbs and botanicals. Many chiropractors are primary health care providers.

Colon Hydrotherapy – Colon hydrotherapy cleanses the colon through gentle water infusions. This specific form of hydrotherapy first gained wide-spread popularity in the great health spas of the Edwardian age.

CranioSacral Therapy – By gently manipulating the bones of the skull, practitioners seek to enhance the functioning of the CranioSacral system, a fluid circulatory system that surrounds and protects the brain and spinal cord.

Deep Tissue Bodywork – This term covers a range of therapies such as myofascial release, Bonnie Prudden method, Hellerwork and Roling. All these techniques go deeper than the standard Swedish massage, applying deep pressure to the actual muscle tissue itself to open and release tension.

Dentistry (Holistic or Natural) – Natural dentistry may include such innovative treatments as dental acupuncture, homeopathic remedies, and non-toxic mercury-free fillings. Holistic dentists aim to help prevent tooth decay and gum disease while minimizing the use of drugs or surgery.

Detoxification Therapy – Found in almost all alternative medical systems from Ayurveda to naturopathic, detoxification techniques seek to cleanse the body of chemicals, pollutants and other toxins to improve overall health. See also Environmental Therapy.

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Hormones

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pseudohormone that seems to work, *the primary goal of BHRT is to restore a hormonal environment as close to the natural, premenopausal state as possible.*

BHRT requires that we follow the hormonal recipe Mother Nature has worked out over millions of years of evolution in the human female. The closer that recipe is followed, the happier and healthier you will be. If symptoms are caused by an imbalance in a complex, integrated physiologic system, like the one that controls sex steroid secretion and activity, rather than ignoring and/or overriding that control – as conventional treatments almost always do – natural medicine aims to restore the natural balance of hormones to which the body is accustomed.

Since menopausal complaints and symptoms are largely a result of a "hormone deficiency," once that deficiency is resolved by replacing the deficient hormones with bio-identical

copies, the complaints and symptoms generally go away of their own accord. There is no need to suppress them artificially. This may seem like a subtle distinction, but when it comes to the overall health of women using hormone replacement, it makes all the difference in the world.

Maximizing the value of BHRT requires that doctors have a real appreciation of the way these hormones are metabolized and how much the body actually needs and can safely handle at any one time. Using too little may yield unsatisfactory results, while using too much may carry unacceptable risks. In this regard, what often gets lost in the translation from conventional HRT to BHRT is any serious attention to the dose, timing, route of administration, and metabolic processing of the replacement hormones.

If BHRT has any disadvantages, it is that it asks women to do more than just pop a pill every morning. It also requires doctors to pay close attention to their patients' doses and hormone levels, and

to make sure those hormones are safely metabolized.

Thirty years of experience with BHRT have taught us that close attention to these and other factors is essential if women are to achieve the highest degrees of safety and effectiveness from BHRT. Proper use of BHRT demands:

- The correct mix of human bio-identical hormones
- The optimal amount of each hormone
- Taking hormones by the safest, most natural route
- Approximating the natural timing of hormone secretion
- Close monitoring levels of hormones and metabolites for safety

Why Might Women Consider BHRT?

Properly done, BHRT for women reduces risk of Alzheimer's disease, heart attack, stroke, osteoporosis, slows post-menopausal loss of lung function, and

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Hormones

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visibly slows the appearance of aging. For maximum safety and effectiveness, BHRT programs should "Copy Nature" and use the most accurate testing methods available.

What's the Best Way to Take Bio-Identical Hormones?

You can take bio-identical hormones via one of several routes:

Oral capsules. Nothing unusual here. Like most patented medicines and nutritional supplements, just swallow compounded bio-identical hormone capsules and the body does the rest, although as we shall see, not always for the best. Oral administration of steroid hormones has distinct disadvantages, as discussed below.

Creams or gels. You can rub hormone-containing creams or gels into your skin (transdermal), or preferably your vaginal mucosa or labia (transmucosal or transvaginal). Based on more over thirty years experience at the Tahoma Clinic, we have found these topical methods (especially transmucosal) to be the preferred ways of using bio-identical hormones, especially if they are personally formulated by a compounding pharmacist.

Suppositories. You insert the hormone, formed into a suppository by a compounding pharmacist, either in the vagina or the rectum for rapid transmucosal absorption.

Lozenges (troches). You allow the hormone-containing lozenge to dissolve in your mouth, but try not to swallow, so that a large portion of the hormones get absorbed directly into your blood stream through the mucous membranes that line your mouth. This method, which is technically considered to be a transmucosal method of administration, is designed to avoid having the hormones pass through the gastrointestinal (GI) tract. The problem is that, due to normal saliva formation, it can be hard not to

Glossary

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Doula – Sometimes called labor assistant or birth companion, the doula works one-on-one with a pregnant woman to help her experience the natural childbirth that she wants. Doulas might teach a woman and her partner how to use natural methods to lessen pain during labor; and what to expect from natural childbirth; and work as the woman's advocate with other health professionals or members of the birthing team.


Empathology – Remedies in empathology include affirmations, exercise and dietary changes. Practitioners emphasize a body/mind approach, using applied kinesiology and other means to assess physical and emotional imbalances in a person.

Environmental Therapy – Through environmental therapy, practitioners seek to identify significant factors and probable causes of illness or allergy in the individual's life, home, and work. They then work with the individual to lessen or eliminate the impact of toxins and allergens.

Enzyme Therapy – By using natural plant and pancreatic enzymes as supplements, practitioners seek to improve digestion and correct potential problems created by the malabsorption of essential nutrients.

Feldenkrais Method – Developed by Dr. Moshe Feldenkrais (1904 - 1984) and has been practiced worldwide for the last 40 years. Dr. Feldenkrais, a Russian-born physicist, mechanical engineer, martial artist and educator, based his work on principles of physics, biomechanics and an empirical understanding of learning and human development. Athletes, performing artists, gardeners, office workers, anyone can benefit from this unique approach to learning how to move more easily and efficiently.

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Glossary

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Flower Essences / Bach Flower Remedies – A specific cross between homeopathy and herbal medicine developed by English practitioner Dr. Edward Bach, the 38 Bach Flower remedies derived from English wildflowers serve as catalysts to alleviate the underlying causes of stress. Since then, many practitioners have gone beyond Bach to develop a whole range of Flower Essences from a wide variety of American, European and Australian wildflowers.

Hands of Light Healing – Practitioners are trained by author and physicist Barbara Brennan in her four-year New York program. The techniques form a hands-on healing system that works with an individual's energy/consciousness field. The objective is to restore health.

Healing Touch – An energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. It is a complementary (or integrative) energy therapy that can be used in conjunction with traditional therapies. Healing Touch utilizes light or near-body touch to clear, balance and energize the human energy system in an effort to promote healing for the mind, body and/or spirit.

Health Spas & Retreat Centers – Residential centers and travel opportunities offer a range of workshops, physical fitness programs, and natural therapies for rejuvenation and personal growth.

Hellerwork – Developed by Joseph Heller, an early student of Ida Rolf, Hellerwork fuses movement education, deep tissue bodywork and voice dialogue into a specific sequence designed to realign the body and release chronic pain or stress.

Herbalism/Herbal Medicine – The use of plants to treat disease can be found in every known human culture and period of history. Today,

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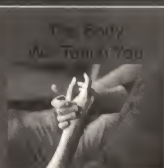
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Chinese Medicine for Skin Conditions

By Glenn Soja

Inflammation of the Skin

Inflammation can affect any part of our body. But when it affects our skin we become aware of its presence at the very early stages of inflammation. Being that this organ system is visible to us, we are quick to notice subtle changes on our skin surface as opposed to when inflammation is primarily in our joints. Sometimes, these mild irritations of the skin pass just as quickly as they may have surfaced. But for some individuals, they start to develop repeated irritation to the skin that begins to overlap and become chronic in nature. At this stage, many that have been patiently watching this transition of their skin may choose to intervene with treatment.

Common Approach to Skin Problems

The course of treatment that an

individual may choose can vary greatly. Most often I find that patients will initially seek out an over the counter treatment in an attempt to alleviate the itch or subdue the red inflamed skin. When very mild in nature, the itching can often times be soothed with these over the counter medications. But these individuals will often times find themselves needing to use more and more over time with a decrease in effectiveness. These ointments are typically mild steroid creams (hydrocortisone) and as with all cortisone, the body develops a tolerance to the substance. When this occurs larger and larger doses or higher potency creams are needed to deliver an effect similar to that which was initially achieved. If self treatment fails to provide the relief they want, many find themselves visiting a Dermatologist

or their General Practitioner in hopes of controlling the inflammatory cycle their skin is caught in. Unfortunately, many times these individuals are only prescribed additional steroids in higher potency. These substances can be very effective at quenching the inflammation, however once they are discontinued the skin can experience a rebound flare. A nice analogy would be a pot of oats that is boiling on the stove. To stop the oats from overflowing, you place a lid on it and press down firmly to keep the oats contained in the pot. But once you remove the lid (steroids), the oats can flow over much more aggressively due to the building pressure (rebound flare). Instead a better approach would be to turn the flame down and gently stir the oats to dissipate the heat. This is the

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Glossary

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many holistic practitioners, ranging from acupuncturists to medical doctors to naturopathic physicians, benefit from an explosion of new knowledge and research into the effects of whole plants and botanical extracts on the human body. From St. John's Wort to treat depression to new scientific research from Germany on silymarin's effect on the liver, Western herbalism is entering a new period of intensive activity, interest and growth.

Holistic Medicine – The philosophy of holistic medicine states that the practitioner must use safe methods of diagnosis and treatment while emphasizing the care of the whole person, including physical, mental, emotional, and spiritual aspects. Most forms of natural medicine adhere to this basic definition of holistic medicine.

Homeopathy – Based on the hypothesis of "like cures like" and a deep emphasis on the principles of holistic medicine (treat the whole person), homeopathy first flourished in North America and Europe during the mid-19th century, when many physicians believed it to be an effective treatment for cholera. Homeopathic remedies work by stimulating the body's own healing power by introducing tiny doses of natural substances that should trigger a person's body to correct itself naturally.

Hydrotherapy – Hydrotherapy techniques can range from Russian baths, steam inhalation, Sitz baths, ice packs to hot compresses. For all, it's the application of hot or cold water that creates the benefit to the patient.

Infant Massage – Infant Massage seeks to enhance the bonding between parents and infant, improve digestion, and establish good sleeping patterns. Practitioners can use a wide variety of techniques derived from Swedish massage, reflexology, yoga and other bodywork forms.

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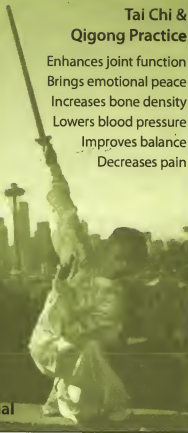
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Skin Care

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approach that is used when treating inflammation with Chinese medicine.

The Chinese Medicine Treatment for Skin Conditions

In Chinese medicine, topical and internal herbs are used to address the unique form of inflammation that is occurring within an individual. No two formulas are constructed the same to treat an inflammatory skin condition due to the unique nature of the inflammation in each individual. The goal with treatment is to rebalance the immune response so that individuals can discontinue the herbs and have their skin stabilize. This treatment is very unique in that it can stabilize the skin and patients can go into remission. Often times, patients will find that if their skin does become active again, that it is minimal and settles quickly.

A Case Study

What I have described above is something that I've repeatedly observed in practice. Let me present a quick case to illustrate what I discussed earlier. An elderly male had come to see me after trying several courses of external and internal steroids to address his red, itchy, and scaly forehead and scalp. He had been diagnosed with eczema, but after examining his skin and taking his history it was clear to me that he was suffering from psoriasis. He was at his wits end with his skin. Everything he had tried only provided mild relief and when he discontinued them his skin flared excessively to the point that he would need to try stronger steroids. At one point the rebound flare was so severe with facial swelling that he was put on a high dose of internal prednisone in an attempt to reduce the flare. This proved effective at reducing the swelling but had no effect on his psoriasis. After going

Continued on page B-14

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Skin Care

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through multiple courses of steroids, he became fed up with the cycle of events and decided to take a different treatment approach. The presentation of his skin and his history revealed what is called Blood Heat with wind in Chinese medicine. To address his psoriasis he was given a Chinese herbal treatment that included an internal herbal formula that he would consume twice per day, as well as a topical ointment that he would use twice per day. Over the course of 8 weeks on the herbal medicine his psoriasis had cleared and there was an improvement in many of his other symptoms as well. Following this short course of treatment he was able to discontinue the herbs without any aggravation of his skin. This particular case was a quick response to treatment, especially for an autoimmune condition. But it goes to show that there can be a quick change in inflammation brought about solely through the use of herbal medicine.

Chinese herbal medicine probably isn't the first thing that pops into your mind when thinking of treatments for eczema, psoriasis, rosacea, acne, or other skin conditions. Due to people's unfamiliarity with Chinese medicine, it is normally a last resort for most individuals after being patient for years addressing their skin with other modalities. Because Chinese medicine works to rebalance the immune response, time is needed to bring about this change. So patience must be practiced when taking on this treatment approach. Improvement is observed along the way and this is often enough motivation for patients to push on with the treatment. Those that do are most often rewarded in the end with skin that is much more stable or remains in remission, and they are able to free themselves from the use of steroids.

Glen Soja is an acupuncturist from the Mitchell Center, www.mitchell-center.com.

Glossary

Continued from page B-12

Iridology – Based on the theory that iris patterns reveal a blueprint of the body's inherited strengths and weaknesses. It can be used for specific organ/gland system assessment via an iris map, to provide a better understanding of one's health.

Martial Arts – While the West often thinks of the martial arts as a sport or form of self-defense, these techniques originally developed in the East to increase mental acuity, health, and spiritual development through intense physical training. The many forms range from more externally-oriented types, such as Karate and Tae Kwan Do, which emphasize muscle and endurance, to the internally-oriented Tai Chi and Aikido, which seek to restore harmony and balance to the body.

Massage Therapy – Popular around the world, massage incorporates the use of touch to stimulate circulation, relax muscles and promote a sense of well-being. Licensed in Washington state, massage therapists can combine a variety of techniques for their clients' benefit.

Midwifery – Midwives work with women so they can experience a healthy pregnancy and a safe, natural childbirth as well as providing necessary education and follow-up care. Licensed midwives or nurse-midwives (both are recognized in Washington) receive extensive training in gynecology, fetus development, obstetrical complications, nutritional assessment, counseling, community health, family planning, various forms of delivery management, and other issues surrounding pregnancy and birth.

Myotherapy – Myotherapists apply pressure to trigger points (tender spots in the muscle or other soft tissue) to relieve tension. While similar to acupressure, myotherapy relies on a Western view of anatomy.

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Glossary

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Naturopathic Medicine -

Adhering to the principles of holistic medicine, naturopathic doctors can use various natural methods to treat patients, including nutritional supplements, herbal medicine, homeopathy and lifestyle counseling. In the state of Washington, naturopathic doctors (ND) are legally defined as physicians licensed to diagnose and treat in a general family practice. Some NDs are also licensed midwives or licensed acupuncturists.

Network Chiropractic -

Network Spinal Analysis is a system of assessment and low force applications that are applied at Spinal Gateways to assist the brain to connect more effectively with the spine and body. A person can utilize the tension stored along the spine as fuel for the healing process. Two healing waves develop spontaneously along the spine to help regulate spinal tension and advance overall wellness.

Neural Therapy -

Developed in Germany over 50 years ago, Neural Therapy involves strategic injections of local anesthetics and homeopathic formulas into the autonomic nervous or "neural" system of energy blocks called "interference fields."

Neuromuscular Therapy -

This form of deep tissue massage seeks to balance the central nervous system with the structure and form of the musculoskeletal system.

Nia -

A body, mind, and spirit well-being fitness practice that uses 9 movement forms from martial arts, dance arts, and healing arts. The sensory based movement practice empowers people of all ages, shapes, and sizes.

Nursing, Holistic -

Trained in regular nursing programs, practitioners apply the principles of holistic medicine (see above) to their care of patients, incorporating many natural therapeutic techniques along with standard nursing practices.

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Hormones

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swallow and usually 50% or more of the hormone winds up getting into your GI tract anyway.

Sublingual (under-the-tongue) drops. The same logic as lozenges.

Oral administration works reasonably well for some drugs and nutritional supplements, but for replacement of sex steroids, oral administration can seriously detract from their optimal use. In fact, oral administration of steroid hormones is Exhibit A when it comes to demonstrating how profitability trumps safety and efficacy. To prove our point that taking sex steroids by mouth may not be the best idea, all we have to do is look again at the way the human body is designed.

Additional Consideration: Progesterone, DHEA, & Testosterone

Progesterone: Never Take Estrogen without It

Quantities of topical progesterone, can vary from 25 to 30 milligrams (after menopause) and up to 50 to 100 milligrams (during the menopause transition), depending on each woman's age and response. Progesterone is typically started on days 10 to 15 of the cycle and continued through day 25, as noted below.

DHEA: Help Restore Testosterone Levels

DHEA (dehydroepiandrosterone) is an androgen secreted by the adrenal glands. Like testosterone, DHEA levels decline with age, so most women of menopausal age (or even younger) would do well to replace this hormone, too. It is my observation that DHEA replacement is essential for maintaining optimum immune function and for helping to reduce the risk of cancer.

A daily schedule is recommended when replacing DHEA, because the adrenals secrete DHEA daily (not cyclically, like estrogen and progesterone). Since women's bodies metabolize DHEA

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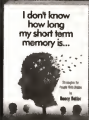
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Hormones

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into testosterone, I frequently delay testosterone replacement until tests show whether DHEA is restoring their testosterone levels to normal. A reasonable, conservative starting dose of DHEA for most women is 15 milligrams per day, although for a few women, follow-up testing may indicate that the daily dose needs to be raised to 30 milligrams.

Like progesterone, OTC versions of DHEA are also available. However, these are presently all oral capsules. Continuing clinical observation is persuading me that the transdermal or transmucosal route is best for all steroid hormones, even DHEA. I write prescriptions for topical DHEA, both because I have a greater trust in the standard material available through compounding pharmacists, and because, at present no OTC topical DHEA products are available.

Testosterone: Women Need It, too, but at Much Lower Doses

If testing shows that a woman's DHEA is not getting metabolized to produce sufficient testosterone, she can also take testosterone (at an average dose of 5-10 milligrams daily). It's very important to remember that women require a fraction of the testosterone that men do. Thus, patented products containing bio-identical testosterone - patches or gels - designed for men are completely inappropriate - and dangerous - for women. The only option for women at the present time is testosterone formulated by a compounding pharmacist.

A good starting topical dose for women is 2.5 milligrams per day. A woman's body will metabolize much of this testosterone into estrogens, so follow-up testing is mandatory to be sure that levels of both hormones are "just right" - neither too high nor too low.

To learn more about Timing Hormone Replacement, and Monitoring Hormone Levels, please see full article at www.naturalchoice.net

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Glossary

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Nutritional Counseling - Nutritionists counsel clients on a wide variety of issues from proper levels of vitamins, minerals and other nutrients to weight loss, food allergies and optimal health. Many follow a "whole foods" approach to proper diet.

Optometry & Vision Care - Holistic vision therapists use exercises, nutrition and relaxation techniques to help patients improve vision, and avoid the use of artificial aids, like glasses and contacts, as much as possible.

Ortho-Bionomy - Ortho-Bionomy combines gentle movements and comfortable body positions to stimulate an inner awareness of natural balance and physical and emotional well-being.

Orthomolecular Therapy - Nobel Prize winner Linus Pauling coined this term to describe the therapeutic use of naturally occurring substances, especially nutrients and vitamins, as supplements to maintain health or combat disease.

Osteopathic Medicine - Most osteopathic doctors (DOs) work as primary care physicians, combining conventional Western medicine (drugs/surgery) with specific manipulative techniques taught in the osteopathic medical colleges. Osteopathic medical training focuses on preventive care with a special emphasis on the musculoskeletal system. Because their medical degree and license is legally recognized as the equivalent of a MD in the United States, DOs can utilize all recognized diagnostic and therapeutic methods in their practice.

Oxygen Therapy - This type of therapy dates back over a hundred years to Germany. It includes hydrogen peroxide therapy, ozone therapy and hyperbaric oxygen therapy (HBOT) all intended to increase the supply of oxygen to the body. Used to treat a wide range of disorders. Stabilized liquid oxygen is now also available.

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Hormones

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HORMONE & MEN: Excerpt from Men's Health Part One by Dr. Olivia Franks, ND, CTT of Snohomish Naturopathic Clinic

What is Andropause?

Andropause or decline in testosterone production usually starts around age 50. For some, unfortunately, it can start much earlier. Signs of low testosterone are usually pretty evident if one knows what to look for. Sex drive drops, appetite for life wanes, muscle mass may seem to disappear despite efforts to maintain it. In some excess fat will deposit around the midline and sometimes in the chest area, and men can become noticeably grumpier. Less visible or noticeable, bone density can drop – leaving older men at risk for fractures. Some men may even experience hot flashes much like women do during menopause. Even elevated cholesterol can be partly due to drops in testosterone levels.

Although we expect testosterone levels to drop as men age (along with many other hormones), as this happens chronic illness starts to increase. For many men the addition of supplemental doses of testosterone to maintain healthy blood levels allows aging to be a healthier experience with better quality of life.

Benefits of Testosterone

There are receptors for testosterone all over the body in men and in some degree in women. Because of this, testosterone has beneficial effects all over the body!

Restoring normal testosterone levels has been shown to improve bone density – especially important for men over 60.

Risk of heart disease is lowered with maintained levels of testosterone. Testosterone can also lower total and LDL cholesterol. It has been shown to have anticoagulant (blood thinning) properties. Studies have also shown that testosterone reduces angina pain and lowers levels of CRP – a heart disease risk factor related to inflammation.

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Glossary

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Pain Management – Several kinds of practitioners offer pain management, including medical doctors, dentists, chiropractors, psychologists, dietitians, acupuncturists, biofeedback therapists, myotherapists, physical therapists and others. Techniques vary widely depending on the practitioner's training.

Pediatric Medicine, Holistic – The use of a range of natural and holistic therapies to prevent or treat the health problems of infants and children.

Physical Therapy – Physical therapists use a variety of techniques to help patients gain or regain better control of their physical bodies following injury, or illness.

Pilates – The Pilates Method of body conditioning uses special equipment and individualized instruction to promote physical harmony, balance and conditioning.

Polarity Therapy – Practitioners of this type of therapy seek to establish a balanced flow of energy through the body through gentle touch, diet counseling and exercise.

Qi Gong – Practiced by nearly 200 million people every day, Qi Gong (also known as Chi-Kung) combines movement, meditation and breathwork to increase the flow of vital "Qi" energy in the body, improve blood circulation and strengthen the immune system.

Reflexology – Like acupressure, reflexology utilizes pressure on certain points to stimulate the organs and glands. Foot reflexology links specific points on the foot to these organs and glands.

Reiki – Although Reiki takes its name from Japanese words meaning "transcendental spirit" and "vital life force energy," teachers link this energy technique to traditional Tibetan medicine. It is a hands-on, non-invasive healing technique that means to

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Hormones

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Men with issues of impotence and low libido also benefit from testosterone therapy. Several studies have shown testosterone can help men who have not responded to Viagra. And it is likely to help men who have not responded to natural alternatives to Viagra as well.

Testosterone has anti-inflammatory effects. Low levels are associated with higher incidence of rheumatoid arthritis in men.

Testosterone also increases tolerance to pain. Men on long-term opioid (Morphine, methadone) treatment for chronic pain have lower levels of testosterone, making them more sensitive to pain. For these men testosterone will reduce pain and improve quality of life.

Mood is generally greatly improved with testosterone. Men report a better sense of vitality, more motivation and less irritability after replenishing levels of testosterone. Studies have shown reduced anxiety and better cognitive function after replenishing testosterone levels in animals.

Prostate cancer risk is reduced by maintaining healthy testosterone levels. I'll discuss this a bit more below.

Treatment

If blood testosterone levels are low, I generally recommend using daily doses of topical testosterone in the form of a cream. The benefits of topical creams are; one can administer it oneself, levels of testosterone will be the same day to day, and it works for most men. If testosterone cream does not get blood levels up, then injections in the office are the next best-thing. Other less often used options are patches and pellets.

Does one use testosterone forever? It's fine to stay on testosterone for years – there are many health benefits – but you can stop whenever you want. However, your symptoms will return eventually.

Increasing the body one testosterone production

Testosterone can be increased with injections of human chorionic gonadotrophin (Hcg) a couple times a week. This usually works better for men under age 50 and does not require following a low calorie diet – but can be if obesity is also an issue. This is the treatment of choice for men wishing to maintain fertility/actively trying to get pregnant.

Precautions

Testosterone therapy does not come without precautions. Excess testosterone levels are not ideal. If this happens often men will notice mildly increased aggression, acne, and possible fluid retention and very occasionally elevated blood pressure readings. Blood can also become thick with increase blood cells. A milder issue but equally concerning is excess conversion of testosterone into estrogen. Men with diabetes or insulin resistance are at increased risk of conversion into estrogen. We always test estrogen and testosterone at check-ups to monitor this. There are medications called aromatase inhibitors to address this but we can usually take care of it with Chinese herbs in capsules taken daily. Testosterone will also reduce fertility in men and can reduce testicular size – although this is not usually noticeable for most men. If a man is trying to have more kids we generally will postpone treatment or use other methods to raise testosterone until the wife is pregnant and then we can start testosterone.

To learn more about Testing & Monitoring, and Prostate Health, please see full article at www.naturalchoice.net

(1) <http://www.nlm.nih.gov/medlineplus/hormones.html>, A service of the U.S. National Library of Medicine and the National Institute of Health.

Glossary

Continued from page B-20

restore and balance life force energy throughout the body. Used for mental, emotional, physical and spiritual balancing, as well as chronic physical problems.

Rolfing – Developed by Ida Rolf, this system of body restructuring and movement education works with gravity to realign the body. Rolfers often focus bodywork on the myofascia, the connective tissue that surrounds muscles, to release tension.

SHEN Therapy – Specific Human Emotional Nesis is a non-invasive touch therapy to facilitate physiological release and to encourage healing from within.

Shiatsu – The Japanese form of massage combines the application of pressure on specific points with massage. Traditional practitioners may have the patient rest on a pad on the floor for the performance of certain stretches (see also Watsu).

Soma Neuromuscular Integration – Soma combines deep manipulation of muscular and connective tissue with movement training to address various health issues such as chronic back pain or limited mobility due to arthritis.

Sports Medicine – This branch of medicine began as a special focus on athletic injuries caused by competition or participation in organized sports, but many of the techniques have been adapted to treat other types of physical injuries.

Stillpoint Therapy – This non-invasive emotional release energy work combines light sustained touch with meditative techniques that focus the mind on the quiet dissipation of held emotion. Based on the principle that suppressed emotion is retained in the body.

Swedish Massage – The best known form of massage in the United States uses five basic strokes, including soothing, tapping, rubbing, pummeling and kneading, to relieve sore muscles and joints.

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Continued from page B-22

Tai Chi – This Chinese Taoist martial art form combines mental concentration, coordinated breathing and slow, graceful body movements to increase well-being, lessen stress, & strengthen the body.

Therapeutic Touch – A specific method of healing touch developed by Dolores Kreiger, is taught in many nursing colleges throughout the United States. Used for relaxation and reducing anxiety, Therapeutic Touch is based on the assumption that a human energy field extends slightly beyond the skin.

Trager – Tragerwork believes that tension or discomfort can be released by sending different signals to the nervous system. This movement education/bodywork approach uses gentle and non-intrusive movements to produce deep relaxation, increase flexibility/mobility, and relieve pain.

Veterinary & Holistic Animal Services – Holistic veterinarians adhere to the principles of holistic medicine, choosing to emphasize the use of safe natural methods when treating animals.

Watsu (Water Shiatsu) – A specific form of bodywork combining traditional shiatsu pulls & stretches while floating the patient in a pool of warm water. Because of the support of the water, practitioners can often work with patients whose physical disabilities may preclude the use of normal shiatsu.

Women's Holistic Health – This field includes practitioners and clinics offering a range of services addressing women's health concerns, from PMS to breast health to infertility.

Yoga Therapy – Some yoga teachers emphasize yoga exercises that relieve stress, improve circulation or boost the immune system. This gentle form of low impact exercise can often be tailored to help people with limited mobility due to stroke, arthritis or other chronic diseases.

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Section C

Food & Supplements



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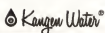
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Food Literacy & Terms for Section C

Vegetarian - Originated from Latin word "vegetare" which means "to grow," the word vegetarian was made popular by the vegetarian society at Ramsgate England in 1847.

A vegetarian diet consists of plant-based foods and no flesh from animals. Plant-based foods include vegetables, fruits, nuts, beans, and grains. Many vegetarians do consume some animal-derived products like eggs, milk cheese, and other dairy products.

Some people eliminate animal foods from their diet because of health concerns. Some studies indicate that animal products may increase the risk of obesity, heart disease, cancer, diabetes, cataracts, stroke, hypertension, and other life threatening illnesses, while many vegetarian foods offer protection against these same diseases.

Many people adopt the vegetarian diet because of concerns for animal rights, global warming and the environment, or for personal spiritual wellbeing. Whatever the reason may be, choosing a whole food plant diet is a win-win situation for your health, the earth, and the animals!

Vegan - The word "vegan" (pronounced 'VEE-gan') originated from a British man named Donald Watson who had wanted an appropriate name to describe what a vegan eats, as distinguished from other types of vegetarianism. He called his newsletter "The Vegan News" and described veganism as "the practice of living on fruits, nuts, vegetables, grains, and other wholesome non-animal products." Veganism is a subset of vegetarianism. Watson was born on September 2, 1910 and lived to be 95 years old. He died on November 16, 2005.

A vegan diet consists of plant-based foods. It excludes dairy, eggs, honey or any animal ingredients. Vegans also don't wear leather, fur, wool, silk, or other products made from animals.

Moreover, nutritionists, physicians, and people everywhere recognize that plant products are good sources of protein, iron, calcium, and vitamin D, because they can be easily absorbed by the body and don't contain artery-clogging fat. The American Dietetic Association states, "Well-planned vegan diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence."

GMO Revisited: You Probably Know About This. But Just In Case

by Tammy Hung

GMOs stand for Genetically Modified Organisms. GM is also known as genetic engineering (or GE). GMOs are organisms created by using complex technologies, such as gene splicing, in a lab. The technologies combine genes from different species, such as bacteria and plants, to create desired behaviors. Such processes do not occur naturally.

GM crops are intended to provide higher yield and better nutrition value while being more tolerant to drought, diseases and pests. Examples of GM crops with targeted traits include:

Pest-resistant corn: Bt corn contains the gene from a soil bacterium Bt. The gene causes the plant to produce an insecticidal compound called Bt toxin,

which protects the plants from certain insects.

Weed-resistant soybean: Roundup Ready, or similar herbicide-resistant, soybeans have an inserted gene that makes the plant resistant to weed-killers.

Nutritionally enhanced crops under development: wheat that is gluten-free, vegetables high in vitamin E, and rice high in vitamin A and iron.

Transgenic farm animals are introduced with similar goals, namely providing food with higher nutritional value, being more disease-resistant, and offering pharmaceuticals.

Reference: Hybrid Seeds vs GMOs by Vicki Mattern; Genetically Modified Crops by Federation of American Scientists

In the US, it is estimated that about 80% of our conventional processed food contains GMOs.

What is the Difference Between GMOs, Hybrids and Heirlooms?

Traditional crossing using open-pollination takes a long time, such as 6 to 8 generations, to materialize. Many of the heirloom varieties are produced through open-pollination. Hybrids refer to the cross-breeding of usually naturally compatible varieties of the same species. This is an old school approach in which human steers the process to create desired traits, such as healthier varieties that can better withstand weather elements.

Modern hybridization relies on a fast-track process developed by Charles Darwin and Gregor Mendel in the mid-19th century. The new F1 Hybrids are ready in one generation. The problem with F1 Hybrids is that they are one-hit wonders. The traits of the first generation cannot

Continued on page C-5

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Food Literacy

Continued from page C-2

Organic - Organic refers not only to the food itself, but also to how it is produced and processed. Organic food production is based on a system of farming that mimics natural ecosystems and maintains and replenishes the fertility and nutrients of the soil. Organic Production integrates cultural, biological and mechanical practices that foster cycling of resources, promote ecological balance and conserve biodiversity. Organic foods are produced without the use of genetically modified organisms, conventional pesticides, artificial fertilizers, human waste, or sewage sludge, and that they were processed without ionizing radiation or food additives. Processed organic foods are handled carefully to maintain the integrity of organic ingredients going into the products.

100% Organic - All organic ingredients. Any processing aids used must be organic. No non-organic ingredients are used. USDA Seal allowed. Must list organic certification agent. Example: 100% Organic Cereal.

Organic - At least 95% organic ingredients. Remaining 5% can be non-organic allowed ingredients (i.e. vitamins, citric acid, baking powder). All agricultural ingredients must be organic unless not available. USDA Seal allowed. Must list certification agent.

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Products with less than 70% Organic Ingredients: Any level of

Continued on page C-7

GMO Revisited

Continued from page C-3

be guaranteed for future generations. Contrary to the traditional process of saving seeds for the next planting, farmers using F1 Hybrids have to purchase new seeds and agricultural chemicals from seed companies every year.

Open-pollination, hybrids or GMOs are all processes that aim to produce a new generation of plants that carry desired traits. The difference is that the open-pollination and hybrids come from compatible varieties of the same species without advance genetic manipulation. The naturally occurring process and its results have stood the test for generations before us.

Reference: Hybrid Seeds vs GMOs by Vicki Matter

What are the Products with GMOs in the US?

While many GM crops have been approved, only a few are commercially grown. Several products were introduced to the market but later withdrawn due to market opposition. Approved crops include varieties of alfalfa, canola, chicory, cotton, creeping bentgrass, flax, corn, melon, papaya, plum, potato, rice, rose, soybean, squash, sugar beets, tobacco, tomato, and wheat. GM crops that are commercially grown currently include:

Corn (88% of US crop in 2011)
Soy (94% of US crop in 2011)
Cotton (90% of US crop in 2011)
Canola (90% of US crop in 2011)
Zucchini and yellow summer squash (25K acres)
Papaya (most of Hawaiian crop)
Alfalfa
Sugar beets (95% of US crop in 2010)

These crops have a profound impact on our whole food system. Many of these GM crops are used in processed foods and animal feeds. In the US, it is estimated that about 80% of our

Continued on page C-7



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Sunlight Huevos Rancheros - Two corn tortillas topped with black beans, fried or scrambled eggs or tofu & salsa. Your choice to add cheese, sour cream, avocado.

Deluxe Huevos Rancheros - Two corn tortillas layered with two fried eggs, enchilada sauce, & melted cheese, topped with sour cream, served with black beans. Vegan option substitute w/ tofu.

Sesame Crunch Waffle - With pure, organic, Vermont Maple syrup, Bananas, blueberries, yogurt, whipped cream optional.

Salads

Dressings - lemon tahini, herbal or special dressing

Cheeses - cheddar, feta, or parmesan

Organic Mixed Greens - with shredded carrots, cabbage, celery

Blushing Lettuce - with assorted vegetables, avocado, tomatoes, mushrooms seeds, sprouts.

Brown Rice Salad - lettuce, asst. vegetables, avocado, broccoli & cauliflower, topped with organic brown rice, seeds.

Greek Spinach Salad - organic spinach, tomatoes, cucumbers, mushrooms, red onions, greek olives, feta cheese, almonds

Tofu Salad - lettuce, assorted vegetables, seeds, sprouts

Sandwiches & Burgers

(additional soup and salad option available)

Nutburger - grilled patty of roasted nuts, rice & vegetables, topped with melted cheddar.

Grilled Tempeh Burger - sauteed sautéed organic tofu with spicy roasted red pepper sauce

Portobello Mushroom Burger - a whole roasted portobello mushroom with basil pesto, topped with melted cheddar, and served on a 7-grain bun

Grilled Tofu Sandwich - with marinated organic tofu

Falafel - served with pita with a garlic yogurt sauce

Humous Roll-up - humous, grated carrots & cabbage, cucumbers, sprouts, & lemon tahini, rolled in a whole-wheat wrap.

Avocado & Cheese - swiss or raw milk cheddar with avocado, tomatoes, lettuce & sprouts, on home-baked whole grain bread.

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The Vegan Highlander - Seasoned, sautéed tofu, Tempé, onions & green peppers served on a bed of fresh spinach, with home fries and half 7-grain english muffin.

McKenna - Your choice of 3 eggs or tofu scrambled with shiitake mushrooms & tomatoes, served on a bed of fresh spinach & topped with swiss cheese, with home fries and half 7-grain english muffin.

Euripides - Your choice of 3 eggs or tofu scrambled with red peppers & roasted garlic, served on a bed of fresh spinach & topped with feta cheese, with home fries & half 7-grain english muffin.

Appetizers

Vegetable Plate with Humous - a middle eastern garbanzo bean & tahini dip with assorted vegetables

Sweet Potato Cakes with Tofu - served with pickled red cabbage and garlic-ginger sauce for dipping

Classic Nachos - organic corn chips with melted cheddar cheese, black beans, & sour cream & salsa.

Sunlight Nachos - with vegetables, cheddar cheese, black beans, nuts, tomatoes, olives, avocado, salsa & sour cream

Entrees

Black Bean Burrito - Enchilada style black beans, cheddar cheese, vegetables, & rice, rolled in a whole wheat flour tortilla, baked with enchilada sauce, and topped with sour cream, olives & green onions, served with soup or salad.

Vegetable Cheese Enchiladas with Beans & Rice - Cheddar cheese, vegetables & sour cream rolled in two corn tortillas & baked in a rich tomato-chili sauce, with black beans & rice - served with soup or salad.

Tostada - A crisp corn tortilla, topped with black beans, grated cheddar, lettuce, tomatoes, sprouts, olives & salsa.

Potenta with Black Beans - Parmesan potenta, baked with black beans, salsa & cheddar - served with soup or salad.

Steamed Vegetables & Tofu with Rice - Tossed in a garlic-ginger sauce & served on a bed of organic brown rice. Peanut sauce, lemon tahini, or cheese optional.

Dinner Entrees - Available after 4pm

Vegetable Tofu Saute in Garlic-Ginger Sauce - Served on a bed of organic brown rice, with soup or salad. Peanut sauce, lemon tahini, or cheese optional.

Fresh Herb Risotto with Organic Vegetables - Seasonal organic vegetables, organic arborio rice, & parmesan cheese, served over a bed of organic greens - with soup or salad.

Pasta Marinara - Fresh pasta with marinara sauce & parmesan cheese served with soup or salad & homemade bread.

Potenta & Eggplant Marinara - Parmesan potenta, layered with mozzarella, roasted eggplant & garlic, and baked with marinara sauce & parmesan cheese - with soup or salad and bread.

Fresh Pasta with Basil Pesto - Fresh pasta tossed with pesto sauce, a blend of fresh basil, parmesan, walnuts, garlic & olive oil - served with soup or salad and bread.

Roasted Vegetable Lasagne - Oven roasted carrots, onions, zucchini, & mushrooms layered with fresh spinach pasta, marinara, ricotta, parmesan & mozzarella cheeses with soup or salad & bread.

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Food Literacy

continued from page C-5

organic ingredients. No restrictions on remaining ingredients. No certification claims can be made. Only mention organic in ingredient listing. Example: ingredients: organic oats, organic raisins.

Gluten-Free - A gluten-free diet is essential for people who have coeliac disease or dermatitis herpetiformis (a gluten induced skin sensitivity). Some people may choose to follow a gluten-free diet for other reasons, although these two diseases are the only ones where a gluten-free diet is considered medically imperative.

A gluten-free diet involves the complete avoidance of all foods made from or containing wheat, rye, barley and usually, oats. Some doctors say oats may be permitted, although The Coeliac Society advises against the inclusion of oats in a gluten-free diet.

Locavore - The people who prefer to eat locally grown or produced food call themselves locavores or localvares. The Local food movement is part of the concept of local purchasing and local economies; a preference to buy locally produced goods and services rather than those produced by corporate institutions. Locally produced food travels less distance to the table and consume less fuel and time for the transportation so it is fresher too.

Natural - A product containing no artificial ingredient or added color and is only minimally processed (a process which does not fundamentally alter the raw product) may be labeled natural. The label must explain the use of the term natural (such as - no added colorings or artificial ingredients; minimally processed.)



GMO Revisited

Continued from page C-5

conventional processed food contains GMOs.

At this time, no GM meat or fish have been approved for market. However, Aqua Bounty Farm is petitioning the FDA to approve its GE salmon for market. On the other hand, due to contamination in feed, animal products can still pose a risk.

Reference: Countries with GM Crop Approvals by International Service for the Acquisition of Agri-biotech Applications; GMO Facts by Non-GMO Project

How are GMOS Being Regulated in the US?

In the US, GM crops are regulated by three federal agencies.

EPA regulates biopesticides under the Federal Insecticide, Fungicide and Rodenticide Act. If a GM crop contains biopesticides, such as a gene for Bt toxin, the developer needs to satisfy the safety requirement laid out by the EPA.

FDA regulates GM crops that are eaten. According to a policy established in 1992, FDA considers most GM crops to be "substantially equivalent" to non-GM crops, and so do not require pre-market approval. If it is determined that the GM variety contains foreign proteins that differ significantly from that of the natural plant, FDA may require pre-market approval.

USDA's Animal and Plant Health Inspection Services regulates GM crops under the Plant Protection Act of 2000. GM crops are regulated if they were created through gene transfer of a plant pest or with DNA from a plant pest.

The FDA is taking the lead in regulating biopharming in transgenic farm animals.

Reference: US Regulation of Genetically Modified Crops, USDA Regulation of Pharma Crops by the Federation of American Scientists

Continued on page C-9

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GMO Revisited

Continued from page C-7

What are the Impacts of GMOs on Ourselves and Our Communities?

GMOs pose health, environmental, and social risks to our communities.

Health Impacts:

Due to the lack of testing of GE foods, the potential health impacts are hidden. The Center for Food Safety have identified six areas of potential health impacts.

Toxicity: The introduction of foreign genes to food may create toxins in the food. The toxicity may be associated with increased levels of known toxicants, new toxicants, or concentration of toxic substances from the environment.

Allergic reactions: When genes are being introduced into a food, allergens can be transferred in the process. New allergens can also be created as genes from non-food items are introduced to human diet.

Antibiotic resistance: GE foods contain antibiotic resistance materials. The antibiotic resistance gene, if introduced to the bacteria in the food chain, can make antibiotics less effective.

Immuno-suppression: Experiment has shown that animals being fed GE foods have suppressed immune function.

Cancer: GE rBGH used to increase milk production in dairy cows is found to lift the level of a hormone in the milk. The hormone is linked to the growth of breast, prostate and colon cancer.

Loss of nutrition: Review has shown that there is nutrient loss in GE foods.

See Health Risks by Institute for Responsible Technology for examples of health impacts.

Environmental Impacts:

With over 80% of GM crops being herbicide tolerant, the most immediate environmental impact is the increased use of herbicides. Since the introduction

of GM crops, the use of toxic herbicides has increased by 15 times. This increase has led to the emergence of super weeds, which in turn created the domino effect of needing to use even more toxic herbicides.

This increased use of herbicides, and pesticides as well, can be harmful to non-target insects and plants.

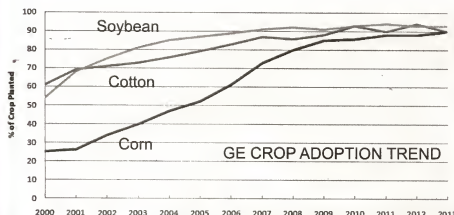
At the same time, without the means of isolation, GMOs pose the risk of contaminating our natural habitat.

Social Impacts:

The introduction of GMOs has fundamentally changed the traditional farming business model. The patents enjoyed by the biotech companies prevent farmers from saving seeds for replanting, which has been a means of self-sufficiency for farmers for centuries.

Even non-GMO farmers are not exempt from the impact. Not only are they exposed to the risk of contamination

Continued on page C-13



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Healthy Eating On A Budget

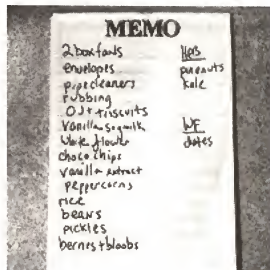
By Steph Fairweather & Lisa Holman, Bastyr University

What is a healthy diet, and can I afford it? Millions of Americans feel like this question is a quandary. It is possible to both meet our daily nutrient needs and stick to a budget. Like almost any successful outcome, it requires a little planning. The rewards are delicious meals, wellness and vitality.

The Basics of a Healthy Diet

Our bodies require a combination of nutrients in the form of carbohydrates, protein, fats, vitamins and minerals, which are converted to energy for proper metabolism. With a staggering amount of information and opinions about what comprises "good nutrition", it's key to understand that scientifically research-proven food combinations, rather than fads or quick fixes, are the right choices to provide the fuel that supports the body's functions. There is no need to reinvent the wheel.

Whole foods are the foundation for a nutritionally sound diet. Whole foods are self-descriptive: they contain nothing but themselves. They're preferable to processed foods because they contain less sodium, fat, sugar and artificial ingredients, and can actually be cheaper than prepared convenience foods or fast foods. Within the past two years, the USDA has revamped its nutrition guidelines for a diet that is whole-foods based, and proven healthful by overwhelming scientific evidence; its nutrition proportions have been presented to the public as the MyPlate model. Human nutrient balance can be achieved by filling one half of the meal plate with vegetables and fruits, emphasizing leafy greens



and brightly colored produce for their diverse vitamin and mineral profiles; one quarter of the plate with protein, mostly poultry, fish, beans and nuts; and one quarter of the plate with whole grains such as whole wheat pasta and bread, whole grain rice, and quinoa.



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The Game Plan for Healthy Meals on a Budget

There are three steps involved in saving money while taking in the best, healthiest foods: planning ahead, shopping mindfully, and strategic cooking.

Planning Ahead

Reallocating an hour each week to plan weekly meals yields substantial savings, because the less time spent in return trips to the grocery store means fewer opportunities for impulse buying. It's also useful for planning multiple meals from one food item. Leftovers from a turkey roasted on Sunday night can transform into a tetrazzini pasta dish, provide sandwich fillings, and become a breakfast turkey hash in the days to follow. To assist in planning, grocers' websites feature weekly deals and offer online manufacturer coupons. Knowing what's on special is the starting point for lowering food costs. Most people need ideas for appetizing, easy meals. A bit of time spent browsing

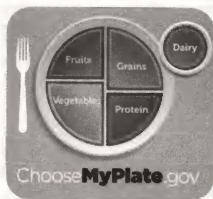
food websites, blogs and magazines can help answer the ever-present question, "What's for dinner?"

Shopping Mindfully

Putting together a shopping list while mapping out meals for the coming week is an effective money-saver. There are also several tips to grocery shopping. Having a small snack or meal before shopping quells hunger and cuts down on impulse buys. Grocery store layout is carefully designed to promote maximum purchases. The healthiest, whole foods in the store are located on the outside perimeter - produce, dairy, eggs, fish and meat, requiring customers to travel through aisles of expensive, processed, packaged foods to reach the staples. Staying on the outer border aisles while shopping supports healthier food choices.

Strategic Cooking

Substitutions to consider. In working towards eating well within the param-



eters of a budget, here are some ideas that support the nutrition guidelines mentioned above.

Exchange white foods for brown foods. Brown rice and whole-wheat pasta are a good source of fiber, magnesium, zinc and B vitamins. Whole wheat bread provides iron, phosphorus and magnesium too. Add nut butter for a perfect complementary protein meal without the cost of meat.

Continued on page C-12



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Eating on a Budget

(continued from page C-11)

Meet protein needs through vegetarian sources. These options are generally lower in cost and bring substantial health benefits. Protein is plentiful in chickpeas (garbanzos), lentils and split peas. All of these are natural to add in to soups and salads. They're much lower in fat than meat, and are satisfying to boot. Protein needs of 0.8 to 1.0 grams per kilogram of body weight are also easy to meet with the help of nuts - especially raw or roasted. Walnuts and almonds are great choices.

Choose whole fruits and vegetables instead of juices. This leads to increased satiety, extra fiber and reduced calorie intake at no additional cost (often less).

Simple additions. Integrating these foods into your diet is a low cost way to add nutritional benefit, with minimal effort....

Add some spice. Classic spices such as cloves and cinnamon are affordable options that can be purchased in the bulk section in small amounts. Cloves are nutrient dense containing omega 3 fatty acids, magnesium, and Vitamins C and K... all in one spice. These properties make it a great natural anti-inflammatory agent. Cinnamon has a long history of medicinal purposes and, just in time for the holidays, it is known for its ability to control blood sugar. It is high in manganese, calcium and fiber.

Select winter fruit or vegetables where possible. Carrots, onions and celery are lower in cost, especially during the cold months, and can add extra fiber, vitamins and minerals to a meal. Produce is the least expensive and best tasting when it's in season, and through the year grocers will feature ripe vegetables and fruits as weekly bargains.

Embrace potatoes, steering clear of fries and chips. One mashed, baked

or boiled potato offers 50% of daily Vitamin C requirements. They're also a great go-to for potassium, and are very low in fat. Potatoes are filling, and are in-season and affordable year-round.

Small changes. Large savings can be had with a small amount of intentional planning.

Buy in bulk for flexibility to buy just what is needed, rather than large containers, of a wide variety of foods. Most grocery stores have a bulk food section, and buying by per-pound pricing is less expensive than the same foods that are pre-packaged or boxed. Beans, lentils, couscous, rice, nuts, spices, granola and bran flakes are all examples of foods that can be found in bulk.

Grow food at home. This requires some effort upfront but is very cost-effective. Foods that are easy to grow at home include fresh herbs, which are nutrient rich and support immune health. Shrubs such as sage, rosemary, oregano and bay leaf require minimal maintenance and grow for several years. Parsley and dill re-seed themselves and reappear each year if given a patch. Arugula, kale, Swiss chard, rhubarb and potatoes are exceedingly easy to garden, and all provide pretty foliage in any yard or garden spot.

Be choosy with organic. Although organic does provide some assurances, it comes at a cost. Knowing when to prioritize organic foods and when to opt for conventional produce can lead to significant cost savings. As a general rule, choose organic foods when there is no skin such as tomatoes or cucumbers. Farmers markets are also an ideal place to find bargains by frequenting them towards the end of the day or looking for seconds bins.

Steph Fairweather & Lisa Holman are Master of Science in Nutrition and Dietetics Candidate 2014, Bastyr University. Photo: MyPlate; Grocery List by Kelly Cree



GMO Revisited

Continued from page C-9

tion, they are also exposed to the risk of being sued by the biotech companies for the contaminated crops.

From a financial perspective, farmers can be hurt by the restricted importing limit imposed by countries that are concerned about potential GE content in US products.

Reference: GMO Facts by Non-GMO Project; GE Food & Health and GE Food & Farmers by Center for Food Safety.

What Are Other Countries Doing About GMOs?

Over 60 countries have regulations either requiring GMO labeling or banning GMOs. See Center for Food Safety's GE Map for detail. Many countries impose import restrictions on food products that have GE content.

What Can Consumers Do to Avoid GMOs?

Following these general guidelines to avoid GMOs. See the Non-GMO Shopping Guide for details.

Buy organic products

Avoid products with ingredients that are derived from the most common GMOs

Purchase products with non-GMO label. In the private sector, some corporations, such as many natural food markets, are voluntarily adopting GMO labeling on an individual basis.

The non-GMO label also is taking off. The label was approved by the USDA's Food Safety and Inspection Service recently. The label is being administered by the Non-GMO Projects, a third-party certifier. So far the group has certified more than 10,000 products.

Reference : more GMO facts available at www.nongmoproject.org/learn-more

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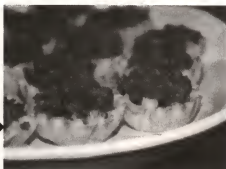


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Mushroom Phyllo Cups: A Vegetarian Hors D'oeuvres

by Tammy Hung

Necessities foster creativity. Ever doubt that? Many nights, I come up with new dishes not because I am creative or adventurous but because of the limited and uncoordinated selections I have in the fridge. These "creations" do not always work out. But as Skinner once said, "the real mistake is to stop trying". I gladly take on my challenges.



My challenge came again at the Super Bowl Party. I promised to bring

a vegetarian hors d'oeuvres to a pot luck. Needless to say, I did not prepare ahead of time. The accidental dish was very easy to make and came out to be wonderful. Even my carnivore friends had seconds. I thought I would share it with you. Go Hawks!

Ingredients:

2 tbsp canola oil
2 tbsp sesame seed oil
1/2 onion
2 garlic cloves
2 medium size carrots, about 8 oz
3 sunchoes, about 4 oz
3.5 oz preserved radish
3 portobello mushrooms
1 tbsp vegetarian oyster sauce
Salt and pepper to taste

Phyllo cup packages

Preparation:

Preheat oven according to the instruction of the phyllo cup package.

Mince onion, garlic, sunchoes, and preserved radish in a food processor and set aside.

Mince portobello in a food processor.

Heat 1 tbsp of canola oil in a skillet over medium heat. Add onion mixture with a pinch of salt till tender, about 5 minutes. Remove and set aside.

Heat remaining canola oil and sesame seed oil over medium heat. Add portobello and oyster sauce. Cook till tender and liquid is reduced. Stir in the onion mixture.

Fill the phyllo cups and bake according to the package instruction.

Make about 50 mini phyllo cups. **!**

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At Vegetarians of Washington, you'll discover the advantages and experience the pleasures of vegetarian food. We are one of the largest non-profit vegetarian organizations in the country, and you don't need to be a vegetarian to join! We welcome everyone, whether you're an experienced vegetarian, a beginner or just curious.

We hold monthly dinners at the Mount Baker Club in Seattle, where you can enjoy a delicious multi-course gourmet meal prepared by a different chef or restaurant every month. Enjoy every type of food from Indian to Italian, and Mexican to Mediterranean, plus meet new people in a warm and friendly atmosphere. We also hold free, informative nutrition and cooking classes throughout the region.

Members receive a free subscription to the popular magazine, *Vegetarian Times*, our informative newsletter, *The Vegetarian Page*, sent via email each month, discounts at our dinners and at over 80 participating businesses throughout the region.

Our biggest event of the year is **Vegfest**, a healthy vegetarian food festival, held at the Seattle Center each year. Come taste free food samples, see cooking demonstrations, hear the latest nutritional information and choose from a huge selection of books.

Look for our four books, including our latest book, *Say No to Meat! The 411 on Ditching Meat and Going Veg*. Written in an easy question and answer style, this book gives young people the answers they need to the key questions that many new vegetarians ask us about. Our other books include *The Veg-Feasting Cookbook*, our guidebook to WA and OR *Vegetarian Pacific Northwest*, and our fact-filled book, *The Vegetarian Solution*. Our books are available at all our events, in bookstores, natural food stores and online.



For more information or to join, visit our website at www.vegofwa.org or call 206.706.2635.

BAKERIES & BAKED GOODS**ARAYA'S VEGETARIAN PLACE***See Ad on Page C6*

Seattle's Only Vegan Thai Restaurant
 2808 E. Madison St, Seattle 206-402-6634
 5240 Univ Way NE, Seattle 206-524-4332
 8101-1/2 Beverly Blvd, LA 323-900-0557

BLUE HERON BAKERY*See Ad on Page C13*

Natural Whole Grain Baking Since 1977
 4935 Mud Bay Rd, Olympia WA 98502
 www.blueheronbakery.com 360-866-2253

JULIA'S RESTAURANTS*See Ad on Page C4*

Wallingford, Broadway, and Bakery
 www.juliasrestaurantseattle.com

MARLENE'S MARKET AND DELI*See Ad on Page C5*

www.marlenesmarket-deli.com
 2565 S Gateway Cntr Pl Fd Wy 253-839-0933
 2951 S 38th St Tacoma 253-472-4080

SUNLIGHT CAFE*See Ad on Page C6*

Creative, hearty vegetarian cooking
 6403 Roosevelt Way NE
 Seattle, WA 98115 206-522-9060

CATERING**CHACO CANYON ORGANIC CAFE***See Ad on Page C11*

3770 SW Alaska St, Seattle 206-WEST-SEA
 4757 12th Ave NE, Seattle 206-5-CANYON
 chacocanyoncafe.com

LUCKY PALATE MEAL SERVICE*See Ad on Page C13*

Tasty, affordable, vegetarian meal delivery
 & cooking classes • www.luckypalate.com
 307 W McGraw St, Seattle 206-352-2583

MARLENE'S MARKET AND DELI*See Ad on Page C5*

www.marlenesmarket-deli.com
 2565 S Gateway Cntr Pl Fd Wy 253-839-0933
 2951 S 38th St Tacoma 253-472-4080

COOKING CLASSES**21 ACRES***See Ad on Page C3*

Center for Local Food & Sustainable Living
 13701 NE 171st Street, Woodinville
 www.21acres.org 425-481-1500

LUCKY PALATE MEAL SERVICE*See Ad on Page C13*

Tasty, affordable, vegetarian meal delivery
 & cooking classes • www.luckypalate.com
 307 W McGraw St, Seattle 206-352-2583

MARLENE'S MARKET AND DELI*See Ad on Page C5*

www.marlenesmarket-deli.com
 2565 S Gateway Cntr Pl Fd Wy 253-839-0933
 2951 S 38th St Tacoma 253-472-4080

VEGETARIANS OF WASHINGTON*See Ad on Page C14*

Vegfest: March at the Seattle Center
 Monthly Dinners, Cooking Classes & More
 www.vegofwa.org 206-706-2635

CO-OPS - FOOD**CENTRAL CO-OP***See Ad on Page C7*

Central Seattle's natural grocery
 1600 East Madison, Seattle 98122
 www.centralcoop.coop 206-329-1545

COMMUNITY FOOD CO-OP

1220 N. Forest St., Bellingham 98225
 315 Westerly Road, Bellingham 98226
 www.communityfood.coop 360-734-8158

OLYMPIA FOOD CO-OP

Organic & Natural • Everyone Welcome!
 921 Rogers St NW, Olympia 360-754-7666
 3111 Pacific Av SE, Olympia 360-956-3870

PCC NATURAL MARKETS

W. Seattle Viewridge Seward Pk Greenlake
 Edmonds Fremont Redmond Kirkland Issaquah
 www.pccnaturalmarkets.com 9 Locations

SKAGIT VALLEY FOOD CO-OP*See Ad on Page C2*

Your community natural market since 1973
 202 S. 1st St, Mt Vernon 98273
 www.skagitfoodcoop.com 360-336-9777

SNO-ISLE NATURAL FOODS*See Ad on Page C7*

Full service CO-OP with a deli
 2804 Grand Ave, Suite M-7, Everett 98201
 www.snoislefoods.coop 425-259-3798

TACOMA FOOD COOP*See Ad on Page C9*

Local, Sustainable, Fresh and Friendly.
 3002 6th Avenue, Tacoma
 www.tacomafoodcoop.com 253-627-3344

DESSERTS**MARLENE'S MARKET AND DELI***See Ad on Page C5*

www.marlenesmarket-deli.com
 2565 S Gateway Cntr Pl Fd Wy 253-839-0933
 2951 S 38th St Tacoma 253-472-4080

DETOXIFICATION & CLEANSING PRODUCTS**BIONIC HYDROTHERAPY™***See Ad on Page B3*

www.bionichydrotherapy.com
 Feel Great! Total Body Detox through a
 30 minute warm foot bath. 360-387-8124

TENZING MOMO*See Ad on Page C13*

Visit us online at www.tenzingmomo.com
 93 Pike St #203 - Pike Place Market
 Seattle 206-623-9837

ULTIMATE NOURISHMENT . COM*See Ad on Page 18*

Best Selection of Healthy Kitchen Equipment
 Friendliest Customer Service Online, with
 Price Match Guarantee 888-858-6687

FARMERS MARKETS**21 ACRES***See Ad on Page C3*

Center for Local Food & Sustainable Living
 13701 NE 171st Street, Woodinville
 www.21acres.org 425-481-1500

ANACORTES

Saturdays 9a - 2p, May to October
 Wednesdays 4p-7p, June to August
 www.AnacortesFarmersMarket.org
 611 R Avenue 360-293-7922

ARLINGTON

Saturdays 10a - 3p, June to September
 arlingtonfarmersmarket.blogspot.com
 200 N Olympic Ave 360-435-9272

AUBURN

Sundays 10a - 3p, June to September
 www.AuburnFarmersMarket.org
 23 A St SW 253-266-2726

BELLEVUE - CROSSROADS

Tuesdays, 12n - 6:30p, June to October
 www.CrossroadsBellevue.com/
 SpecialEvents/FarmersMarket
 15600 NE 8th St. 425-644-1111

FARMERS MARKETS (CONT.)**BELLEVUE - DOWNTOWN THURSDAY**

Thursdays 3a - 7p, May to October
www.BellevueFarmersMarket.org
1717 Bellevue Way NE **425-454-8474**

BELLEVUE - DOWNTOWN SATURDAY

Saturdays 10a - 3p, June to November
www.BellevueFarmersMarket.org
Check website for location **425-454-8474**

BELLINGHAM - DOWNTOWN

Saturdays 10a - 3p, April to Christmas
www.BellinghamFarmers.org
1100 Railroad Ave **360-647-2060**

BELLINGHAM - FAIRHAVEN

Wednesdays 12n - 5p, June to Sept
www.BellinghamFarmers.org
Location: Village Green **360-647-2060**

BOTHELL - COUNTRY VILLAGE

Fridays 12p - 6p, June to September
www.CountryVillageBothell.com
23718 Bothell-Everett Hwy **425-483-2250**

BOTHELL - SOUTH COUNTY

Wednesdays 4p - 8p, June to Sept
www.ParkridgeOnline.org/Market/
3805 Maltby Rd **425-481-8801**

BURIEN

Thursdays 11a - 5p, May to October
www.DiscoverBurien.com/Events/
455 SW152nd **206-433-2882**

CARNATION

Tuesdays 3p - 7p, May to November
www.CarnationFarmersMarket.org
Tolt Av (SR 203) & Bird St **425-765-8764**

DES MOINES

Saturdays 10a - 2p, June to October
www.DMFM.org/DMFM/home.html
22307 Dock St **206-650-3383**

DUVALL

Thursdays 3p - 7p, May to September
Brown bldg NE Richardson & NE Ring
DuvalFarmersMarket.org **425-788-7441**

EDMONDS - MUSEUM

Saturdays 9a - 2p, May to June
Saturdays 9a - 3p, June to October
www.HistoricEdmonds.org
118 5th Ave N **425-776-7201**

www.naturalchoice.net:

your portal to a better world

EVERETT - DOWNTOWN

Sundays 11a - 4p, May to October
everettfarmersmarket.net
1600 W Marina View Dr **425-422-5656**

FEDERAL WAY - NORPOINT SUNDAY

Saturdays 11a - 4p, June to September
www.FederalWayFarmersMarket.com
4818 Nassau Ave NE Tacoma **253-261-8157**

FEDERAL WAY - OUTDOOR SATURDAY

Saturdays 9a - 3p, May to October
www.FederalWayFarmersMarket.com
1701 S. 320th St. **253-261-8157**

GIG HARBOR - UPTOWN

Saturdays 8:30a - 2p, April to September
www.GigHarborFarmersMarket.com
5503 Wollochet Dr NW **253-851-7397**

GIG HARBOR - DOWNTOWN

Wed & Sun 12n - 5p, June to Sept
www.GigHarborFarmersMarket.com
3207 Harborview Dr. **253-851-7397**

ISSAQUAH

Saturdays 9a - 2p, April to October
www.ci.issaquah.wa.us/index.asp?nid=778
1730 10th Ave NW **425-837-3311**

KENT

Saturdays 9a - 2p, June to September
www.KentFarmersMarket.com
2nd Ave & Smith St **253-486-9316**

KIRKLAND - DOWNTOWN

Wednesdays 2p - 7p, June to September
www.KirklandMarket.org
Location: Marina Park @ Lake St & Main St.

KIRKLAND - JUANITA

Fridays 3p - 7p, June to September
www.KirklandWA.gov/Depart/Parks/Parks/
Juanita_Friday_Market.htm
9703 NE Juanita Dr **425-587-3385**

LAKE FOREST PARK

Sundays 10a - 3p, May to October
ThirdPlaceCommons.org/Farmers-Market/
17171 Bothell Way NE **206-366-3302**

LACEY

Sat 10a - 4p, July to September
www.ci.lacey.wa.us/city-government/
city-departments/public-affairs/lacey-
community-market
618 Woodland Sq Loop SE. **360-491-3214**

MAPLE VALLEY

Saturdays 9a - 2p, June to October
www.MapleValleyFarmersMarket.org
25700 Maple Valley Bkac Diamond Rd SE
425-463-6751

MARYSVILLE

Thursdays 9a - 3p, May to September
www.local-farmers-markets.com/market/
4748/marysville/marysville-farmers-market
5th & State **360-651-9470**

MERCER ISLAND

Sundays 10a - 3p, June to October
www.mifarmersmarket.org
SE 32nd @Mercerdale Pk **206-235-1185**

MOUNT VERNON - DOWNTOWN

Saturdays 9a - 2p, June to October
www.MountVernonFarmersMarket.org
Cleveland & Snoqualmie **360-540-4066**

MOUNT VERNON - KINCAID

Wednesdays 11a - 4p, June to September
www.MountVernonFarmersMarket.org
1415 E Kincaid St **360-540-4066**

MUKILTEO

Wednesdays 3p - 7p, June to September
www.MukilteoFarmersMarket.org
609 Front St **425-320-3586**

OLYMPIA

Thu-Sun 10a - 3p, April to October
Sat-Sun 10a - 3p, November to December
www.OlympiaFarmersMarket.com
700 Capitol Way N **360-352-9096**

PUYALLUP

Saturdays 9a - 2p, April to October
www.puyallupmainstreet.com/events/
puyallup-farmers-market
330 S. Meridian **253-840-2631**

REDMOND

Saturdays 9a - 3p, May to October
RedmondSaturdayMarket.org
7730 Leary Way NE **425-556-0636**

RENTON - PIAZZA

Tuesdays 3p - 7p, June to September
www.RentonFarmersMarket.com
Piazza, 3rd St S & Burnett **425-430-7214**

SAMMAMISH

Wednesdays 4p - 8p, May to September
www.SammamishFarmersMarket.org
801 228th Ave SE **425-681-4255**

SEATTLE - BALLARD

Sundays 10a - 3p, Year round
ballardfarmersmarket.wordpress.com
5300 Ballard Ave NW **206-781-6776**

SEATTLE - BROADWAY

Sundays 11a - 3p, Year round
www.SeattleFarmersMarkets.org/markets
Broadway & Pine **206-547-2278**

SEATTLE - COLUMBIA CITY

Wednesdays 3p - 7p, May to October
www.SeattleFarmersMarkets.org/markets
37th Ave S & S Edmunds 206-547-2278

SEATTLE - FREMONT

Sundays 10a - 5p, Year round
FremontMarket.com/FremontWelcome.html
3410 Evanson Ave N 206-781-6776

SEATTLE - LAKE CITY

Thursdays 3p - 7p, June to October
www.SeattleFarmersMarkets.org/markets
NE 125th & 28th Ave NE 206-547-2278

SEATTLE - MADRONA

Fridays 3p - 7p, May to October
MadronaFarmersMarket.wordpress.com/
MLK S + E. Union 206-781-6776

SEATTLE - MAGNOLIA

Saturdays 10a - 2p, June to September
www.SeattleFarmersMarkets.org/markets
33rd Ave W & W McGraw St 206-547-2278

SEATTLE - PHINNEY

Fridays 3p - 7p, June to October
www.SeattleFarmersMarkets.org/markets
67th & Phinney Ave N 206-547-2278

SEATTLE - PIKE PLACE MARKET

Everyday 9a - 6p, Year round
www.PikePlaceMarket.org
1st & Pike 206-682-7453

SEATTLE - QUEEN ANNE

Thursdays 3p - 7:30p, June to October
Crockett St & Queen Anne Ave N
www.QAFMA.net 206-428-1983

SEATTLE - UNIVERSITY DISTRICT

Saturdays 9a - 2p, Year Round
www.SeattleFarmersMarkets.org/markets
University Way & NE 50th 206-547-2278

SEATTLE - WALLINGFORD

Wednesdays 3:30p - 7p, May to September
WallingfordFarmersMarket.wordpress.com
N 50th + Meridian Ave N 206-781-6776

SEATTLE - WEST SEATTLE

Sundays 10a - 2p, Year round
www.SeattleFarmersMarkets.org/markets
California Ave SW + SW Alaska 206-547-2278

SEDRO-WOOLLEY

Wednesdays 3p - 7p, May to October
www.SedroWoolleyFarmersMarket.com
Metcalf & Ferry St 360-202-7311

SNOHOMISH

www.snohomishmarkets.com
Thursdays 3p - 7p-ish, May to September
1st St & Cedar Ave 425-366-1171
Sundays 11a-4p, June-September
Lincoln + 3rd St 206-412-4630

TACOMA - 6TH AVENUE

Tuesdays 3p - 7p, May to September
www.TacomaFarmersMarket.com
6th Ave & N. Pine St 253-272-7077

TACOMA - BROADWAY

Thursdays 10:00a - 3p, May to October
www.TacomaFarmersMarket.com
Broadway + S. 9th 253-272-7077

TACOMA - SOUTH

Sundays 11a - 3p, June to September
www.TacomaFarmersMarket.com
3873 S. 66th St. 253-272-7077

TACOMA - PROCTOR

Saturdays 9a - 2p, March to December
www.ProctorFarmersMarket.com
N 27th St @ Proctor 253-961-3666

WHIDBEY - BAYVIEW

Saturdays 10a - 2p, May to October
www.BayviewFarmersMarket.com
SR 525 & Bayview Rd 360-321-4302

WHIDBEY - SOUTH WHIDBEY

Sundays 11a - 2p, May to October
www.SouthWhidbeyTilth.org
SR 525 on Thompson Rd 360-341-4456

WHITEHORSE MEADOWS FARM

See Ad on Page C3
Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington 360-436-1951

WOODINVILLE FARMERS MARKET

Saturdays 10a - 4p, May - September
www.woodinvillefarmersmarket.com
Carole Edwards Center 206-528-2510

FARMS - ORGANIC

21 ACRES

See Ad on Page C3
Center for Local Food & Sustainable Living
13701 NE 171st Street, Woodinville
www.21acres.org 425-481-1500

BILL PACE FRUIT & PRODUCE

A large variety of fruit and produce
Farmstand: 2380 Bellevue Way SE, Bellevue
Billpacefruitandproduce.com 425-467-0501

BOISTFORD VALLEY FARM & CSA

Serving Seattle, E & S King, Tacoma, Olympia
426 Boistfort Road, Curtis WA 98538
boistfortvalleyfarm.com 360-245-3796

BROERS FARM, INC.

facebook.com/pages/broers-farms-inc/
116161815124236 Cert. organic berries
18228 Tualco Rd, Monroe 360-794-8125

BUILD EARTH FARM

Farm stand, and organic CSA
9140 Steamboat Island Rd, Olympia
farmandfruitstand.com 360-867-9331

CANYON RIDGE FARM

CSA + Upicks. Veggies, meat, dairy, flowers
facebook.com/canyonridgefarm
21825 49th Ave SE Bothell 425-402-6433

CARUSO FARM

Fruits & veggies: www.carusofarm.com
12801 Old Snohomish Monroe Rd

CASCADIAN FARM

ORGANIC: Berries, Homemade Ice Cream,
Snacks & Preserves. Self-guided Tour.
55749 Hwy 20, Rockport 360-853-8173

CEDARVILLE CSA FARM

Serving Whatcom, Skagit
3081 Goshen Road, Bellingham 98226
cedarvillefarm.com 360-592-5594

CHINOOK FARMS

Beef, poultry, veggies, fruits
10601 Elliott Road, Snohomish
Chinookfarms.com 425-508-6341

DOG MOUNTAIN CSA FARM

Serving Seattle, Eastside; On-Farm Pick-up
7026 Tolt Highlands Rd. NE, Carnation
dogmtnfarm.com 425-333-0833

FILBERT ACRES

Veggies CSA and Pork
6625 Pioneer Way E, Puyallup
filbertacres.com 253-251-1361

FOREST CREEK FARM

Certified organic blueberry farm
38600 Veazie-Cumberland Rd SE, Enumclaw
Forestcreekfarm.com

FROG CHORUS FARM

CSA, crops, and livestock in Snohomish
frogchorusfarm.com

FARMS - ORGANIC (CONT.)

GARDEN TREASURES

CSA, garden center, farmstand, U-pick
3328 State Route 530, Arlington
gardentreasuresfarm.com **360-435-9272**

GOTHBERG FARMS

True farmstead goat cheese
Farmers Markets & Retail, from Bow WA
gothbergfarms.com **360-202-2436**

GOLDEN GLEN CREAMERY

Natural handcrafted cheese
15098 Field Road, Bow, WA 98232
goldenglencreamery.com **360-766-6455**

GROWING THINGS CSA

11525 Carnation-Duvall Rd NE #B
Serving Greater Seattle
growingthingsfarm.org **425-691-8669**

GRUB (GARDEN-RAISED BOUNTY)

Veggies, herbs, fruits, and flowers
2016 Elliott Ave NW Olympia
goodgrub.org **360-753-5522**

HEDLIN FAMILY FARMS

Cert. organic. Pesticide free. Salmon safe.
12275 Valley Rd, Mount Vernon
hedlinfarms.com **360-466-3977**

HELSING JUNCTION CSA FARM

Serving Seattle, Tacoma, Olympia
12013 Independence RD, Rochester 98579
helsingfarmcsa.com **360-273-2033**

JUBILEE FARM CSA

Pickup or delivery for greater Seattle.
229 W. Snoqualmie River Rd NE
jubileefarm.org **425-222-4558**

KIRSOP CSA FARM

Sustainable produce for Thurston Co.
855 Trosper Rd SW #108-189, Tumwater
KirsopFarm.com **360-352-3590**

KLESICK FAMILY FARM

Meats, fruits, veggies, bakery, coffee, tea
18826 Marine Dr, Stanwood
klesickfamilyfarm.com **360-652-4663**

LAKE CAVANAUGH CSA FARM

CSA farm serving Seattle and Skagit
27998 Lake Cavanaugh Rd, Mt Vernon
LakeCavanaughFarm.com **360-422-7706**

LOCAL ROOTS FARM

Family run vegetable farm & farmstand
Farmstand: 11707 262nd Ave NE, Duvall
LocalRootsFarm.com **206-679-9512**

MAGIC BEAN URBAN FARM

CSA and local pickup: www.magicbean.org
4244 NE 125th St Seattle **206-402-9181**

MEZZA LUNA FARMS

Heirloom veggies and herbs
10340 Carnation-Duvall Rd, Carnation
mezzalunafarms.com **206-446-7469**

MOSBY FARMS

Veggie club & farmstand
12754 SE Green Valley Road Auburn
mosbyfarm.com **253-939-7666**

MOTHER NATURE'S ORGANICS

Veggies, tomatoes, berries, eggs, herbs
930 Sunnyside Rd, Lake Stevens
mothernaturesorganics.com **425-954-7071**

NEW EARTH FARM

Veggies, herbs, flowers
16665 Britt Road, Mt Vernon
farm.newearthworks.org **360-421-4497**

ONE LEAF FARM

CSA, restaurants, farmers markets
1550 W. Snoqualmie River Rd NE, Carnation
oneleafarm.org **206-366-5439**

ORGANICALLY GROWN

See Ad on Page C3
Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com **253-867-5222**

OXBOW CSA FARMS

CSA. Farmers Markets. Education Tours.
10819 Carnation-Duvall Rd, Carnation
www.oxbowfarm.org **425-788-1134**

PATTERNED GROUND FARM

Fruit & Veggies & Farmstand & CSA
617 E Laurel Rd, Bellingham
patternedgroundfarm.com **360-223-8794**

PROVISIONS MUSHROOM FARM

CSA Shares. Farmers Markets
ProMushrooms.com **360-359-6673**

RISING RIVER FARM

Veggies, Herbs, Strawberries
13208 20st SW Rochester
Risingriverfarm.com **360-273-5368**

ROOT CONNECTION FARM

Chemical free herbs, veggies, & flowers
13607 Woodinville Rd, Redmond Rd
RootConnection.net **425-881-1006**

SAGE & SKY FARM

CSA veggies & meat products
3002 E Smith Rd, Bellingham
sageandskyfarm.com **360-255-0757**

SKAGIT RIVER RANCH

Certified Organic Beef, Pork, Chicken & Eggs
28778 Utopia Rd, Sedro Woolley
Scheduled Delivery **360-856-0722**

SKIPLEY FARM & BOREALIS LANDSCAPE

See Ad on Page C7
Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.org **206-679-6576**

SKIYOU RANCH

Cert. Organic Grass Fed Beef
26910 Duffy Road, Sedro Woolley
Skiyouranch.com **360-708-3292**

SOL TO SEED FARM

Certified naturally grown.
415 W. Snoqualmie River Rd NE, Carnation
soltoseedfarm.com **425-273-1232**

SOOS CREEK FARM

Veggies CSA & meat & dairy & farmstand
21854 148th Ave SE, Kent
sooscreekfarm.com **253-642-6035**

STIEBRS FARMS

See Ad on Page C5
Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 **360-458-3333**

STOKESBERRY SUSTAINABLE FARM

Chicken, beef, pork, duck, turkey & veggies
Stokesberrysustainablefarm.com
7429 85th Ln SE Olympia **360-878-2294**

TAHOMA FARMS

CSA shares, farmers mkt, grocery stores
21108 Orville Road E, Orting WA 98360
Tahomafarms.com **253-444-5949**

TERRY'S BERRIES & VEGGIES TOO

On-farm Pick-up, Farm Store, Farmers Mkts
4520 River Road, Tacoma 98443
TerrysBerries.com **253-922-1604**

TINY'S ORGANIC

Serving Seattle, E King, and On-farm Pick-up
From the Farmers Market...To your Table!
www.tinysorganic.com 206-293-0633

WHISTLING TRAIN CSA FARM

Your urban farm.
27112 - 78th Ave S., Kent 98032
WhistlingTrainFarm.com 253-859-5197

VIVA FARM

Incubators of new farmers + CSA
15366 Overnell Rd, Mt Vernon
vivafarms.org 360-707-3223

WHITEHORSE MEADOWS FARM

See Ad on Page C3
Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington 360-436-1951

WILLIE GREEN'S ORGANIC FARM

100% Organic. Locally Grown & Seasonal
19501 Tualco Rd. Monroe WA 98272
WillieGreens.org 360-453-7030

ZESTFUL GARDENS CSA

Veggies, small fruits, and herbs
ZestfulGardens.org 253-232-0811

FOOD - TAKEOUT &/OR DELIVERY

LUCKY PALATE MEAL SERVICE

See Ad on Page C13
Tasty, affordable, vegetarian meal delivery
& cooking classes • www.luckypalate.com
307 W McGraw St, Seattle 206-352-2583

SUNLIGHT CAFE

See Ad on Page C6
Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 206-522-9060

TATANKA TAKE-OUT

See Ad on Page C4
Healthy fast food, featuring BISON and
vegetarian, located at 4915 N. Pearl St
Ruston, 98407 253-752-8778

GLUTEN FREE FOOD

LUCKY PALATE MEAL SERVICE

See Ad on Page C13
Tasty, affordable, vegetarian meal delivery
& cooking classes • www.luckypalate.com
307 W McGraw St, Seattle 206-352-2583

NATURE'S MARKET

See Ad on Page C13
www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

GROCERY STORES

21 ACRES

See Ad on Page C3
Center for Local Food & Sustainable Living
13701 NE 171st Street, Woodinville
www.21acres.org 425-481-5100

CENTRAL CO-OP

See Ad on Page C7
Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

FULL CIRCLE

See Ad on Page C3 & Coupon Online
We deliver local, organic produce directly
to your door every week.
www.FullCircle.com 866-EAT-WELL

GRANOLA'S

Your Neighborhood Natural Market
Enjoy Lifel Live Naturally!
www.granolas.com 800-270-6421

MARLENE'S MARKET AND DELI

See Ad on Page C5
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET

See Ad on Page C13
www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

OLYMPIA FOOD CO-OP

Organic & Natural • Everyone Welcome!
921 Rogers St NW, Olympia 360-754-7666
3111 Pacific Av SE, Olympia 360-956-3870

ORGANICALLY GROWN

See Ad on Page C3
Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com 253-867-5222

PCC NATURAL MARKETS

W. Seattle Viewridge Seward Pk Greenlake
Edmonds Fremont Redmond Kirkland Issaquah
www.pccnaturalmarkets.com 9 Locations

PIKE PLACE MARKET CREAMERY

Raw milk, local dairy & eggs, vegan options,
yogurts and butters in Pike Place Market
1514 Pike Pl #3, Seattle 206-622-5029

SKAGIT VALLEY FOOD CO-OP

See Ad on Page C2
Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

SNO-ISLE NATURAL FOODS

See Ad on Page C7
Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.snoislefoods.coop 425-259-3798

TACOMA FOOD COOP

See Ad on Page C9
Local, Sustainable, Fresh and Friendly.
3002 6th Avenue, Tacoma
www.tacomafoodcoop.com 253-627-3344

WHOLE FOODS MARKET

3122 Harborview Dr, Gig Harbor 253-851-8120
6810 27th St W. Tacoma 253-565-0188

HEALTH FOODS - SEATTLE

CENTRAL CO-OP

See Ad on Page C7
Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

FRESH VITAMINS

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

FULL CIRCLE

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GORDITO'S

Healthy Mexican Food
213 N 85th St, Seattle 206-706-9352

INDIANOLA ORGANICS

See Ad on Page C11
Farming Organic Sun-Grown Wheatgrass
and Sprouts near Seattle, Washington
indianolaorganics.com 360-620-2863

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Raw milk, local dairy & eggs, vegan options,
yogurts and butters in Pike Place Market
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to your door every week.
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VITAMIN LIFE

See Ad on Page 2
15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

HEALTH FOODS - N. KING & S. SNOHOMISH COUNTIES**FRESH VITAMINS**

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www.freshvites.com 800-216-1412

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indianolaorganics.com 360-620-2863

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Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.snoislefoods.coop 425-259-3798

WHITEHORSE MEADOWS FARM

See Ad on Page C3
Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington 360-436-1951

HEALTH FOODS - S. KING & N. PIERCE COUNTIES**THE GRAINERY INC.**

See Ad on Page C12
Grains, Raw Nuts, Raw Honey, Vitamins, Herbs
Books, Dried Fruits, Cosmetics, Gluten Free +
13629 1st Ave S, Burien 206-244-5015

MARLENE'S MARKET AND DELI

See Ad on Page C5
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET

See Ad on Page C13
www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

ORGANICALLY GROWN

See Ad on Page C3
Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com 253-867-5222

HEALTH FOODS - TACOMA & OLYMPIA**MARLENE'S MARKET AND DELI**

See Ad on Page C5
www.marlenesmarket-deli.com
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2951 S 38th St Tacoma 253-472-4080

TACOMA FOOD COOP

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Local, Sustainable, Fresh and Friendly.
3002 6th Avenue, Tacoma
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HEALTH FOODS - MT VERNON, BELLINGHAM, & ETC**FRESH VITAMINS**

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Four Puget Sound Locations
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SKAGIT VALLEY FOOD CO-OP

See Ad on Page C2
Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

HEALTH FOODS - ONLINE STORES & WHOLESALE**KANGEN SNOHOMISH**

See Ad on Page C2
Change Your Water - Change Your Life!
Kangen Water® & Enagic® Beauty Products
kangensnohomish.com 206-200-7241

ULTIMATE NOURISHMENT . COM

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Best Selection of Healthy Kitchen Equipment
Friendliest Customer Service Online, with
Price Match Guarantee 888-858-6687

HERBS**THE GRAINERY INC.**

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Grains, Raw Nuts, Raw Honey, Vitamins, Herbs
Books, Dried Fruits, Cosmetics, Gluten Free +
13629 1st Ave S, Burien 206-244-5015

THE HERBALIST

See Ad on Page C9
NW Herb Specialist | www.theherbalist.com
542 19th Ave E, Seattle 206-323-2804
2106 NE 65th, Seattle 206-523-2600

HERBAN WELLNESS

See Ad on Page C9
Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-330-2171

SUPER SUPPLEMENTS

www.supersup.com
Name brand vitamins at discount prices
21 store locations near you 206-838-3988

TENZING MOMO

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Visit us online at www.tenzingmomo.com
93 Pike St #203 - Pike Place Market
Seattle 206-623-9837

VITAMIN LIFE

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15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

HOMEOPATHIC REMEDIES**THE GRAINERY INC.**

See Ad on Page C12
Grains, Raw Nuts, Raw Honey, Vitamins, Herbs
Books, Dried Fruits, Cosmetics, Gluten Free +
13629 1st Ave S, Burien 206-244-5015

MARLENE'S MARKET AND DELI

See Ad on Page C5
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

JUICE BARS**JULIA'S RESTAURANTS**

See Ad on Page C4
Wallingford, Broadway, and Bakery
www.julliasrestaurantseattle.com

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET

See Ad on Page C13

www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

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Friendliest Customer Service Online, with
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MEATS & SEAFOOD - NATURAL OR ORGANIC

STIEBR'S FARMS

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Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 360-458-3333

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Healthy fast food, featuring BISON and
vegetarian, located at 4915 N. Pearl St
Ruston, 98407 253-752-8778

PET FOOD & SUPPLIES

(See Also Pet Stores in Sect A)

CROWN HILL PET SUPPLY

See Ad on Page C11

Your Natural Pet Care Oasis
9053 Holman Rd NW, Seattle 98117
www.crownhillpet.com 206-783-9570

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE BOYS FARM & PET SUPPLY

See Ad on Page B40

17022 Pacific Ave
Spanaway 98387 253-537-8370

NEXT TO NATURE

See Ad on Page C11

Your Pet's Health Food Store
Edmonds • Seattle • Tacoma
www.next-to-nature.com

DOUGLAS R. YEARTOUT, DVM

See Ad on Page B21

All Animal & Bird Veterinary Hospital
9004 Vernon Rd. Everett 98258
holisticanimaldoc.com 425-334-8171

PHARMACIES - CARRYING NATURAL REMEDIES

BASTYR DISPENSARY

See Ad on Page B11

Indulge With the Highest Quality
Natural Products & Exquisite Gifts
3670 Stone Way N, Seattle 206-834-4114

PRODUCE - ORGANIC

21 ACRES

See Ad on Page C3

Center for Local Food & Sustainable Living
13701 NE 171st Street, Woodinville
www.21acres.org 425-481-1500

BOISTFORT VALLEY FARM & CSA

Serving Seattle, E & S King, Tacoma, Olympia
426 Boistfort Road, Curtis WA 98538
boistfortvalleyfarm.com 360-245-3796

CENTRAL CO-OP

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Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

FULL CIRCLE

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We deliver local, organic produce directly
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GRANOLA'S

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Enjoy Life! Live Naturally!
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INDIANOLA ORGANICS

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Farming Organic Sun-Grown Wheatgrass
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indianolaorganics.com 360-620-2863

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET

See Ad on Page C13

www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

NEW ROOTS ORGANICS

Organic Produce Delivered to Your Door
www.newrootsorganics.com
Seattle 206-261-2500

ORGANIC CONSUMERS ASSOC

See Ad on Page C12

www.organicconsumers.org
6771 S Silver Hill Dr
Finland, MN 818-226-4164

ORGANICALLY GROWN

See Ad on Page C3

Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com 253-867-5222

PCC NATURAL MARKETS

W. Seattle Viewridge Seward Pk Greenlake
Edmonds Fremont Redmond Kirkland Issaquah
www.pccnaturalmarkets.com 9 Locations

ROOT CONNECTION CSA FARM

Chemical free herbs, veggies, & flowers
13507 Woodinville-Redmond Rd
www.RootConnection.net 425-881-1006

SKAGIT VALLEY FOOD CO-OP

See Ad on Page C2

Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

SKIPLEY FARM & BOREALIS LANDSCAPE

See Ad on Page C7

Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.org 206-679-6576

SNO-ISLE NATURAL FOODS

See Ad on Page C7

Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.snoislefoods.coop 425-259-3798

STIEBR'S FARMS

See Ad on Page C5

Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 360-458-3333

TACOMA FOOD COOP

See Ad on Page C9

Local, Sustainable, Fresh and Friendly.
3002 6th Avenue, Tacoma
www.tacomafoodcoop.com 253-627-3344

WHITEHORSE MEADOWS FARM

See Ad on Page C3

Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington 360-436-1951

RAW FOOD

21 ACRES

See Ad on Page C3

Center for Local Food & Sustainable Living
13701 NE 171st Street, Woodinville
www.21acres.org 425-481-1500

CHACO CANYON ORGANIC CAFE

See Ad on Page C11

3770 SW Alaska St, Seattle 206-WEST-SEA
4757 12th Ave NE, Seattle 206-5-CANYON
chacocanyoncafe.com

INDIANOLA ORGANICS

See Ad on Page C11

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and Sprouts near Seattle, Washington
indianolaorganics.com 360-620-2863

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See Ad on Page 18

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Friendliest Customer Service Online, with
Price Match Guarantee 888-858-6687

RESTAURANTS - SEATTLE

ARAYA'S VEGETARIAN PLACE

See Ad on Page C6

Seattle's Only Vegan Thai Restaurant
2808 E. Madison St, Seattle 206-402-6634
5240 Univ Way NE, Seattle 206-524-4332
8101-1/2 Beverly Blvd, LA 323-900-0557

BAMBOO GARDEN

Vegetarian Chinese Cuisine

364 Roy St. (near Seattle Center), Seattle
www.bamboogarden.net 206-282-6616

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Organic Mexican Food w Veggie Options
1013 east pike st, Seattle 206-322-9950

CAFE FLORA

A creative world of vegetarian foods
2901 E Madison, Seattle, WA 98112
www.cafe flora.com 206-325-9100

CHACO CANYON ORGANIC CAFE

See Ad on Page C11

3770 SW Alaska St, Seattle 206-WEST-SEA
4757 12th Ave NE, Seattle 206-5-CANYON
chacocanyoncafe.com

HOMEGROWN SANDWICH SHOP

Fremont * Queen Anne * Capitol Hill
www.eathomegrown.com

JHANJAY VEGETARIAN THAI

1718 N 45th St
Seattle 206-632-1484

JULIA'S RESTAURANTS

See Ad on Page C4

Wallingford, Broadway, and Bakery
www.juliasrestaurantseattle.com

LOVING HUT SEATTLE

Be Veg, Go Green, 2 Save the Planet
1226 South Jackson Street, Seattle
lovinghut.us/seattle/ 206-299-2219

PIZZA PI VEGAN PIZZERIA

5500 University Way NE, Seattle 98105
www.pizza-pi.net 206-343-1415

PLUM BISTRO

Vegan restaurants in Seattle & Tacoma
Plum Market | Quickie Too | Plum Bistro
http://www.plumbistro.com/

PORTAGE BAY CAFE

2821 NW Market 206-783-1547
391 Terry Ave N 206-462-6400
4130 Roosevelt Way NE 206-547-8230

SILENCE-HEART-NEST

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Hearty vegetarian breakfast, lunch and
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3508 Fremont Place N. 206-633-5169

ST. DAMES

4525 MLK Way S, Seattle
www.stdames.com 206-725-8879

STUMBLING GOAT BISTRO

Organic & Sustainable Ingredients
6722 Greenwood Ave N, Seattle
www.stumblinggoat.com/ 206-784-3535

SUNLIGHT CAFE

See Ad on Page C6

Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 206-522-9060

SUTRA VEGE RESTAURANT

1605 N 45th St, Seattle
www.sutraseattle.com 206-547-1348

THALI HOUSE RESTAURANT

2524 Beacon Ave S, Seattle
www.travelersteaco.com 206-329-6260

THRIVE CAFE

Eat ... Drink ... Live
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www.generationthrive.com 206-525-0300

VEGGIE GRILL

Downtown Seattle, South Lake Union,
University District, plu CA and OR locations.
www.veggiegrill.com

VOLTERRA RESTAURANT

See Ad on Page C10

www.volterrarestaurant.com
5411 Ballard Ave NW, Seattle 206-789-5100
121 Kirkland Ave, Kirkland 425-202-7201

WAYWARD CAFE

Premier Vegan Breakfast & Lunch Offerings
waywardvegancafe.com 206-524-0204

WEDGEWOOD VEGETARIAN THAI

No fish sauce. No MSG. Just tons of flavor.
420 Broadway E, Seattle 98102
www.wedgwoodii.com 206-724-0655

RESTAURANTS - EASTSIDE

ARAYA'S VEGETARIAN PLACE

See Ad on Page C6

Seattle's Only Vegan Thai Restaurant
2808 E. Madison St, Seattle 206-402-6634
5240 Univ Way NE, Seattle 206-524-4332
8101-1/2 Beverly Blvd, LA 323-900-0557

CAFE HAPPY

Family Owned, Vegetarian, Taiwanese Food.
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364 Renton Center Way SW #C60, Renton
Vegetarian & Kosher 425-228-4625
1420 NW Gilman Blvd Ste N3, Issaquah
www.Pablacuisine.com 425-392-4725

TEAPOT VEGETARIAN HOUSE

www.teapotvegetarianhouse.com
15230 NE 24th St, Redmond 425-747-8881

UDUPI PALACE

Southern Indian Food
14625 NE 24th St, Bellevue 425-649-0355

VOLTERRA RESTAURANT

See Ad on Page C10

www.volterrarestaurant.com
5411 Ballard Ave NW, Seattle 206-789-5100
121 Kirkland Ave, Kirkland 425-202-7201

RESTAURANTS - N. KING & S. SNOHOMISH COUNTIES

GRILLA BITES ORGANIC CAFE

1020 1st Street Ste 104, Snohomish
Local organic hot spot 360-568-7333

www.naturalchoice.net:

your portal to a natural lifestyle

THE SISTERS RESTAURANT

See Ad on Page C8

www.thesistersrestaurant.com
2804 Grand Ave, Everett 425-252-0480

SNO-ISLE NATURAL FOODS

See Ad on Page C7

Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.snoislefoods.com 425-259-3798

RESTAURANTS - S. KING & N. PIERCE COUNTIES

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

PABLA INDIAN CUISINE RENTON & PABLA VEGGIE CUISINE ISSQ

364 Renton Center Way SW #C60, Renton
Vegetarian & Kosher 425-228-4625
1420 NW Gilman Blvd Ste N3, Issaquah
Www.Pablacuisine.Com 425-392-4725

RESTAURANTS - TACOMA & OLYMPIA

BLUE HERON BAKERY

See Ad on Page C13

Natural Whole Grain Baking Since 1977
4935 Mud Bay Rd, Olympia WA 98502
www.blueheronbakery.com 360-866-2253

THE MARK OLYMPIA

Rustic Italian, Certified Organic Restaurant
407 Columbia Street SW, Olympia
www.themarkolympia.com 360-754-4414

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

PLUM BISTRO

Vegan restaurants in Seattle & Tacoma
Plum Market | Quickie Too | Plum Bistro
http://www.plumbistro.com/

TATANKA TAKE-OUT

See Ad on Page C4

Healthy fast food, featuring BISON and vegetarian, located at 4915 N. Pearl St
Ruston, 98407 253-752-8778

TRADITIONS CAFE & FOLK ART

See Ad on Page C12

Whole foods w/ vegetarian & vegan panini
www.traditionsfairtrade.com
300 5th Ave SW, Olympia 360-705-2819

RESTAURANTS - MT VERNON, BELLINGHAM, ETC

THE DELI NEXT DOOR

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OLD TOWN CAFE

Great breakfasts, Ask for the veggie menu.
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SKAGIT VALLEY FOOD CO-OP

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www.skagitfoodcoop.com 360-336-9777

SWAN CAFE

Inside the Community Foods Co-op
1220 N Forest, Bellingham 360-734-0542

RESTAURANTS - GREATER PUGET SOUND

LIVING GREEN VEGETARIAN CAFE

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SUPPLEMENTS

(See Also Herbs or Vitamins)

CENTRAL CO-OP

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Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

FRESH VITAMINS

Quality + Selection + Service = Best Value
Four Puget Sound Locations
www.freshvites.com 800-216-1412

GNC FACTORIA MALL

See Ad on Page C13

Quality Health and Wellness Products
3921 Factoria Blvd SE Bellevue 425-401-9066

HERBAN WELLNESS

See Ad on Page C9

Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-330-2171

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

SUPER SUPPLEMENTS

www.supersup.com
Name brand vitamins at discount prices
21 store locations near you 206-838-3988

TAHOMA CLINIC & DISPENSARY

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Jonathan V Wright, MD, Medical Director
Tukwila | North Seattle | Redmond
www.tahomaclic.com

VITAMIN LIFE

See Ad on Page 2

15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

TEA, COFFEE, & BEVERAGE

EXPERIENCE TEA

195 Front St., Studio C, Issaquah
www.experience-tea.com 206-406-9838

THE GREEN BEANERY

Organic, Fairtrade & Ecofriendly Coffee Stand
13039 NE 70th Place, Kirkland WA 98033
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JAVA BEAN COFFEE .COM

Seattle's Original Organic Coffee Shops
West Seattle: 2920 Avalon Way SW
Ballard: 5819 24th Ave NW

MARLENE'S MARKET AND DELI

See Ad on Page C5

www.marlenesmarket-deli.com
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2951 S 38th St Tacoma 253-472-4080

MIRO TEA

5405 Ballard Ave NW, Seattle
www.mirotea.com 206-782-6832

THALI HOUSE RESTAURANT

2524 Beacon Ave S, Seattle
www.travelersteaco.com 206-329-6260

UBI'S TEA

Coffee & Tea | Vegan | Gluten-Free | Organic
2607 6th Ave, Tacoma (253) 572-2550

m.naturalchoice.net:

your natural lifestyle on smart phone

VEGETARIAN/VEGAN FOOD**21 ACRES***See Ad on Page C3*

Center for Local Food & Sustainable Living
13701 NE 171st Street, Woodinville
www.21acres.org 425-481-1500

ARAYA'S VEGETARIAN PLACE*See Ad on Page C6*

Seattle's Only Vegan Thai Restaurant
2808 E. Madison St, Seattle 206-402-6634
5240 Univ Way NE, Seattle 206-524-4332
8101 1/2 Beverly Blvd, LA 323-900-0557

CHACO CANYON ORGANIC CAFE*See Ad on Page C11*

3770 SW Alaska St, Seattle 206-WEST-SEA
4757 12th Ave NE, Seattle 206-5-CANYON
chacocanyoncafe.com

DOE BAY RESORT AND RETREAT*See Ad on Page D3*

107 Doe Bay Road, Olga WA 98279
www.doebay.com 360-376-2291

INDIANOLA ORGANICS*See Ad on Page C11*

Farming Organic Sun-Grown Wheatgrass
and Sprouts near Seattle, Washington
indianolaorganics.com 360-620-2863

LUCKY PALATE MEAL SERVICE*See Ad on Page C13*

Tasty, affordable, vegetarian meal delivery
and cooking classes • www.luckypalate.com
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MARLENE'S MARKET AND DELI*See Ad on Page C5*

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2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

SILENCE-HEART-NEST*See Ad on Page C8*

Hearty vegetarian breakfast, lunch and
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3508 Fremont Place N. 206-633-5169

SKAGIT VALLEY FOOD CO-OP*See Ad on Page C2*

Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

SKIPLEY FARM & BOREALIS LANDSCAPE*See Ad on Page C7*

Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.org 206-679-6576

SUNLIGHT CAFE*See Ad on Page C6*

Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 206-522-9060

TACOMA FOOD COOP*See Ad on Page C9*

Local, Sustainable, Fresh and Friendly.
3002 6th Avenue, Tacoma
www.tacomafoodcoop.com 253-627-3344

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D14 Counseling - Career

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D14 Counseling - Grief

D14 Counseling - Holistic

D15 Counseling - Marriage & Relationship

D15 Counseling - Mind/Body

D15 Counseling - Spiritual

D15 Crystals, Gemstones, Jewelry & Therapy

D15 Dance & Movement

Dating Services

D16 Depression Treatment

D16 Dreamwork

D16 EMDR

D16 Emotional Release Work

D16 Energy & Space Clearing

D16 Events

Feng Shui (See A: Feng Shui)

Guided Imagery (See also B: Biofeedback)

D16 Hypnotherapy

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Section D

Mind & Spirit



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- D19 Retreats** (See also A: Travel & B: Health Spas)
- D19 Schools - Colleges & Education Centers**
- D19 Schools - Pre-School Through Twelve**
(See also A: Child Care)
- D19 Shamanism**
Spas (See B: Health Spas)
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Glossary of Modalities & Terms for Section D

Alexander Technique – In this form of movement education, the practitioner leads the client through a series of lessons designed to improve postural habits, increase freedom of movement, and reduce physical tension. Frederick Mathias Alexander (1869-1955) overcame vocal problems by eliminating tension in the head, neck and back. Today, teachers of his method address a wide variety of problems created initially by poor posture.

Art / Drama / Music Therapies – Using these "expressive" forms of art as a vehicle for change, self-awareness and growth, counselors guide their clients to a resolution of psychological or emotional problems.

Astrology – For centuries, astrologers have theorized that the positioning and movement of stars can have enormous consequences for a person. Today, they use that information to counsel individuals about emotional, professional or health-related problems.

Aura Color Healing – Drawing equally from ancient Hindu beliefs and the work of modern psychic healers, aura or color healers look for a dark or grayish area in a multi-colored aura field surrounding the body to indicate potential health problems. Color healers apply remedial colors where they notice a color deficiency.

Bach Flower Remedies / Flower Essences – A specific cross between homeopathy and herbal medicine developed by English practitioner Dr. Edward Bach, the thirty-eight Bach Flower remedies derived from English wildflowers serve as catalysts to alleviate the underlying causes of stress. Since then, many practitioners have gone beyond Bach to develop a whole range of Flower Essences from a wide variety of American, European and Australian wildflowers.

Body/Mind Counseling – Body/Mind Counseling covers a number of techniques intended to change negative patterns learned from infancy. Counselors in this field tend to use a less structured process

Arts Foster Creativity: 8 Ways To Inspire Your Kid

by Ann Pietrangelo

Watch a toddler play with an empty cardboard box for a few hours and you'll get an up close and personal lesson in creativity. A box can be a house, a space ship, or something invented out of thin air. As we grow older, that kind of creativity that can lead to innovative thinking – the kind of thinking that can change the world.

Creativity is what helps us think on our feet. It's what enables us to imagine things differently than they are and to strive for a better way. This skill is what shapes technology, medicine, and businesses big and small. It doesn't matter what profession you're in – creativity moves it forward.

A study out of the Solomon R. Guggenheim Foundation showed that arts education helps students develop the

skills to "persistently and adaptively" work through problems. Foundation representatives Kim Kanatani and Gail Engelberg said, "By asking students to think like artists, we are imparting 21st-century skills in encouraging them to approach problems with creativity and analytic thought rather than just recitation of facts."

How unfortunate, then, that the arts so easily dismissed as unimportant. Even more distressing is how creativity is often discouraged as we grow older.

"Every child is an artist; the problem is staying an artist when you grow up."

--Pablo Picasso

It's the phrase all parents hate to hear, "I'm bored!" Take advantage of that phrase this summer by involving your children in the arts. If summer camp or

summer school programs aren't practical, the arts are all around you.

1. Arts and Crafts Treasure Hunt

Combine a treasure hunt with arts and crafts. You probably have little odds and ends stashed all around your home. Buttons, yarn, bits of cloth, paper, glitter, glue... All spread out, they're little more than junk. Collect and sort them, and you've got the makings of some very creative art projects. Have your kids spend a day hunting around the house and yard for creative tidbits. Create an arts and crafts corner where they can sort and organize their loot. Then let them have at it.

2. Observational Walking

Whether it's a long nature hike or a walk around the block, it can be a learning experience. Ask your child to point out colors, shapes, or objects. Observe

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Arts Foster Creativity

Continued from page D-3

what they notice about their environment, what things they like best, and what they would like to change. Later, you have them paint, draw, or write about their adventure.

3. No Rules Day

Throw away the rules for a day. Well, not all the rules. Have the kids revise the rules for one of their favorite board games or even make up a new one.

4. Musical Moments

Studies show that music lessons offer intellectual benefits. Without the distraction of school and homework, now may be the right time for music lessons. If formal lessons aren't in the cards this summer, look for an online course or a do-it-yourself playbook. Even an inexpensive harmonica may be all it takes for your child to get creative.

When you're playing music in your home or car, take the opportunity to discuss your music choices.

5. Museum Magic

Wherever you live, there's bound to be a museum or two. Kids love hands-on museums that encourage active participation, but don't sell them short. Take them to museums that will pique their interest in art, history, and nature. Ask what they think. Encourage them to take photographs (where appropriate) and write about what they learn.

6. Digital Treasure Hunt

Judy Molland, author of *Get Out! 150 Easy Ways for Kids and Grown-Ups to Get Into Nature and Build a Greener Future*, suggests an imaginative photography session.

"Find some awesome items for kids to locate on a treasure hunt: a leaf bigger than your hand, an animal track, a stick in the shape of a Y, a spider's web, etc. Check to make sure the items are really there! Set up teams of kids and have them take photos instead of collecting the items."

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Glossary

Continued from page D-2

than psychotherapists, utilizing bodywork techniques, lifestyle counseling and even nutritional advice.


Body-Oriented Psychotherapy – This growing and wide-ranging field combines counseling with bodywork. Practitioners believe the most effective changes come when they involve all levels of being: physical, emotional, mental and spiritual. Massage, movement techniques, breathing and body awareness are emphasized.

Dance & Movement Therapy – As a form of psychotherapy, teachers in this field seek to use rhythmic or guided movement for emotional and psychological healing.

Dreamwork – Counselors use a client's dreams to help awaken a better understanding of psychological or emotional disturbances. Some methods focus on teaching a client to do effective dreaming to change basic behavioral patterns or overcome certain problems.


EMDR – Eye Movement Desensitization Reprocessing is used primarily to work with people who have experienced trauma or abuse in their lives and have had recurrent symptoms including nightmares, anxiety or flashbacks. Eye movements coupled with a step-by-step verbal and experimental debriefing of the incident help release a client's own internal resources. This allows a cognitive restructuring of the event along with resolution of the negative emotions.


Continued on page D-6



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Glossary

Continued from page D-4

Emotional Release Work -

A number of bodywork techniques can be adapted for emotional release work. Practitioners often combine bodywork with verbal counseling to encourage the spontaneous release of fears, emotional traumas and phobias.


Feng Shui - This ancient Chinese art holds that arranging one's environment into certain harmonious patterns can bring a sense of abundance, balance and happiness into one's life. From the proper placement of the headboard to the addition of water to a garden, Feng Shui combines beautiful design concepts with an underlying sense that a person's space can be an important factor in their psychological and spiritual well-being.

Guided Imagery - This technique concentrates on using images or symbols to train the mind to create a definitive physiological or psychological effect. Practitioners may teach clients how to relieve physical problems caused by stress, such as tension headaches. The technique has also been effectively used in some cancer treatment programs for pain management.

Holistic Counseling - Practitioners focus on the whole person, with a special emphasis on how the mind is connected directly to the body, and how a person thinks and feels affects him or her at a cellular level.

Hypnotherapy - First developed by Anton Mesmer (1734-1815), hypnotic techniques can induce everything from a light to a heavy hypnotic state to help a client overcome psychological or physical problems. From helping

Continued on page D-8



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Signs of Relationship In Trouble And What To Do About It

by Ann Pietrangelo

We love to fall in love. That's because falling in love produces a high. A study by Syracuse University Professor Stephanie Ortigue revealed that when we fall in love, our brains release 12 euphoria-inducing chemicals that affect intellectual areas of the brain (SU 2010).

As we settle into relationships, the high subsides and a new kind of love evolves, but even the best relationships need tending. As we face the day-to-day struggles and successes of life, we can easily overlook signs of trouble in the relationship.

"It takes awareness, flexibility, great communication skills, and the ability to understand your partner's perspective to make a relationship work – and that's just for the routine life experiences," says relationship expert Rosalind Sedacca. "Throw in accidents, sickness,

job loss, and other major stressors, not to mention the complexities that come with having children, and it's easy to understand why so many relationships fail and so many marriages fail."

5 Signs Your Relationship May Be In Trouble

- Loss of respect
- Lack of trust
- Insecurity
- Defensiveness
- Poor Communication

"If you want to avoid relationship disasters," says Ms. Sedacca, "here are some tips worth serious consideration:"

3 Things To Consider Before Making a Lifetime Commitment

Know your partner well, during the good times and the bad. It's after you face disagreements, nurse your partner through an illness, and other life chal-



lenges that you find out who you are really contemplating spending the rest of your life with.

Don't expect to be completed, saved, or fixed. No one can fill the void in your inner self. You're setting your partner up for failure if you expect him or her to fix your problems and love you through

Continued on page D-9

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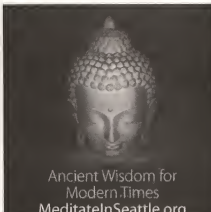


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Glossary

Continued from page D-6

people to overcome a craving for cigarettes to managing chronic pain from an illness or accident, trained hypnotherapists work with a wide variety of problems.

Huna – Derived from the actual ancient philosophy and practices of the *Kahuna* of old Hawaii, Huna means "secret" and is a way of life. The Huna system incorporates the knowledge of religion, psychology, and psychic science for more abundant, healthy & effective living.

Intuitive/Medical Intuitive

– Intuitives help their clients reach a better understanding of their character, past influences and future prospects. Practitioners may choose to use various forms of divination (tarot, astrology, numerology) in their work or they may rely on natural psychic talents. They focus on health issues affecting the client.

Light & Color Therapy –

Uses frequency information emanating from the different rays of color and light for medicinal and healing purposes. Treatments affect the body, psyche, heart, soul, attitude and symptoms simultaneously.

Meditation – A mental technique, meditation helps to focus and calm the mind, creating a restful state of physical being.

Music/Sound Therapy –

Therapists in this field utilize music or sound to improve a client's sense of emotional, physical and spiritual health and well-being. Various experiments with music have shown a range of benefits for all types of situations, from the elderly suffering from Alzheimer's to young people with learning disabilities.

Continued on page D-10

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Relationship

Continued from page D-7

your unresolved issues. Do the inner work on yourself first, perhaps with the support of a therapist or coach. Heal your wounds and neediness. Then seek out another soul who has done the same to partner with you.

Be hooked on more than just romance. Happily married couples will tell you that you have to be more than great bedmates to make a real relationship work. Look for common values, goals, beliefs, and interests. Opposites may attract in the short term, but you want a relationship based on respect and sharing a future together. If your core values and interests are not in alignment, you are facing a tougher road ahead.

Sedacca, author of "99 Things Women Wish They Knew Before Dating After 40, 50 & Yes, 60!" and "How Do I Tell the Kids About the Divorce?" offers one more tip about communication. "Talk about your feelings and frustrations. Ask your partner about his or her own. Then make some mutual agreements about healthy and respectful new ways to approach your relationship balance. A loving partner will share more than passion with you. They'll be respectful and receptive to making changes that accommodate your needs. Be willing, of course, to do the same."

For some couples, it's easier to see that the relationship has serious problems than it is to fix them, especially when communication is strained.

When To Seek Help With Your Relationship

You'll know it's time to get professional help, says Sedacca, "when communication comes to a halt or gets you nowhere. Then it's time to bring in a professional who has the skills to get to the essence of what's going on and can call out each partner for their lack of cooperation.

"Counselors and relationship coaches can provide strategies for communi-

Continued on page D-12

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Glossary

Continued from page D-8

Neurodevelopmental Therapy – This drug-free approach seeks to treat neurobehavioral disorders such as ADD/ADHD or dyslexia at the root of the behavior. Neurodevelopmental therapists work with clients to identify weak pathways and subsystems in the brain and nervous system while developing movement and mental rehearsal programs to create enhanced functioning of these systems.

Neuro-Linguistic Programming (NLP) – This set of techniques works on almost a hypnotic level to change unconscious patterns of thought, behavior and language. NLP practitioners look for clues in a person's set speech and behavior patterns and then provide the mental tools that clients can use to alter that behavior.

Past Lives/Regression Therapy – Based on the belief that current physical and emotional problems stem from unresolved issues from early childhood or even past lives, therapists use hypnosis or other techniques to bring a patient to an altered state of consciousness and to help the individual finally resolve the root causes of their problems.

Rebirthing – As first developed by Leonard Orr, Rebirthing sought to help people experience a rush of healing energy while releasing long-held psychological or physical pain. By using focused, circular breathing techniques, practitioners work with clients to free stored tensions from the mind and body.

Continued on page D-11

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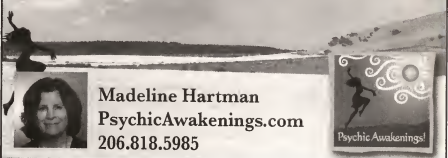
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Arts Foster Creativity

Continued from page D-4

Don't make any rules about the photos – creativity is the name of the game. As an added bonus, point out that they're not disturbing nature or wasting paper.

7. Creative Computing

When it comes to computers, kids have a reputation for frittering away time on nonsense, but as Bill Gates says, computers are "the most empowering tool we've ever created. They're tools of communication, they're tools of creativity, and they can be shaped by their user."

Help your children harness the power of the computer to expand their creative horizons. Let them try their hand at writing short stories, using graphic art programs, and enhancing photographs.

8. Put on a Show

"Let's put on a show!" They used to do it all the time in the movies. The common theme of those stories is that it takes loads of creativity to develop a show, tap the talent, and organize an event, but at great reward.

Your kids don't need to fill an auditorium. A simple show for family and friends will do. Encourage them to explore their talents by writing a script, creating costumes and scenery, and performing. Acting, music, dance, a puppet show – there's no end to the possibilities.

If a show is too much for them, keep a collection of old Halloween costumes, discarded clothing, and accessories at their disposal. Playing dress up is a classic way to create a new identity. Throw in a little karaoke and let their imaginations fly.

The possibilities are endless once you get your own creative juices flowing. Encourage children to explore their artistic interests, even if their talent isn't obvious. It's not always about the end product. It's about the process and tapping into the creativity that will shape the future.

"Creativity is contagious, pass it on." – Albert Einstein



Glossary

Continued from page D-10

Stress Management –

Practitioners teach patients how to lessen the impact of stress on their well-being. Exact techniques vary depending on the practitioner's training and interests.

Shamanism/Shamanic

Healing – Many people associate shamanic healing with the use of Native American rituals to help correct a spiritual or physical imbalance within a person. However, every culture has its shamanic healing rituals in its spiritual traditions, and today shamanic healers in North America may draw from Tibetan rituals or African teachings as easily as from Native American thoughts.

Tantra – 3000-year-old Tantra techniques integrate sexuality (solo and relationship) into Whole-Being spiritual energy upliftment/bliss. Practitioners vary widely in sacred sexuality experiences and techniques taught.

Yoga Instruction – Yoga instruction is a general term for a range of body-mind exercise practices used to access consciousness and encourage physical and mental well-being. Some forms concentrate on achieving perfection in posture and alignment of the body; others aim at mental control to access higher consciousness. Between these two forms are yogas that focus on the interrelationship of body, mind, and energy.

Glossary primarily written by Rosemary Jones, with subsequent revisions to reflect the changes in the fields of practice and the marketplace.

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Relationship

Continued from page D-9

cating more effectively, fighting more effectively, and unraveling the layers of dysfunction that have crept into the relationship over time."

Dr. Terri Orbuch, relationship expert and author of, "5 Simple Steps to Take Your Marriage From Good to Great" and "Finding Love Again: 6 Simple Steps to a New and Happy Relationship," adds, "We do know that couples get into patterns of communication that are dysfunctional, or experience certain issues that are hard to unpack or tease apart (e.g., affair, differences in money, differences in how to discipline children, expression of love or support) and sometimes are best solved or resolved with a third party (or a set of co-counselors). It is hard when you are in a pattern with someone to see how to get out of that pattern."



How To Choose a Marriage Counselor

"I'm asked a lot about referrals," says Dr. Orbuch. "I typically tell people to 'shop' around for a marital counselor just like you do a doctor, hairdresser, or babysitter. You want to feel comfortable with this person (both of you)." She offers these tips:

Call at least two counselors and ask questions (What is your approach to "my problem?" What is your degree? Do you take insurance? How many clients do you see a week? Where did you get your training?, etc.). A good counselor or therapist doesn't mind spending a few minutes (emphasis on a few minutes) with you over the phone to answer your questions. After you ask your questions, say thank you and tell them you will call back soon.



After you call two or three counselors/therapists, ask yourself (or discuss with your partner) who you feel comfortable with. Sometimes individuals feel more or less comfortable talking to a same-sex or opposite-sex counselor. Ask your partner what he/she prefers as well. It's

not unusual that people have preferences regarding gender.

Don't restrict yourself to your local area (city/town). If this is important to you, you'll travel 15-20 minutes to see a good therapist.

There's no denying the power of the natural chemical high of new love, but there's a different kind of high that comes with enduring love – and it's worth the effort.

Ann Pietrangelo is the author of "No More Secs!" and "Catch That Look," a freelance writer, and a member of the American Society of Journalists and Authors.



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Nia Seattle	B14	Shoreline Solar Project	A10		
Noonan; Misha	B18	Silence-Heart-Nest Restaurant	C8		
NW Acad For The Healing Arts	14	Sisters Restaurant; The	C8		
NW Reiki Center	B17	Skagit Valley Food Co-Op	C2		
Nurture Ritual	B8	Skipley Farm / Borealis Landscape	C7		
O'Malley & Potter	B10	Sleep Store; The	A6		
Optics One, Inc	B3	Smile Secrets	4		
Optimal-Self Natural Health	B17	Snohomish Naturopathic Clinic	8		
Organic Consumers Assoc	C12	Sno-Isle Natural Foods Co-Op	C7		



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